

# Cupcakes



2.5:1 ratio

- **Preparation time:** 20 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 portion		Per 2 portions		
Fat	22.0g	13.8g LCT	43.9g	27.6g LCT	
		8.2g MCT		16.3g MCT	
Protein	5.0g		10.0g		
Carbohydrate	3.7g		7.3g		
Energy (calories)	232kcal		464kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Butter, room temperature	15g	
Sweetener e.g. Sukrin® gold	8g	
Egg, beaten	12g	
Vanilla essence	2 drops	
Water	20g	
<b>MCTprocal®</b>	26g	
Carbohydrate-free baking powder e.g. Barkat	1g	
Ground almonds	25g	

## Method:

1. Pre heat oven to 200°C/180°C fan/gas mark 6.
2. Add butter and sweetener to a mixing bowl, beat for 2 mins until fluffy.
3. Add egg, vanilla essence and water, beat to combine.
4. Gently fold in **MCTprocal®**, baking powder and ground almonds, mix till a smooth batter is formed.
5. Divide the cupcake mixture between two 7cm diameter cupcake cases.
6. Bake for 10 to 15 mins or until a metal skewer inserted into the middle comes out clean.
7. Transfer the cakes to a wire rack and leave to cool completely before serving.



## Always check with your dietitian what is suitable for you

- Use a carbohydrate-free icing sugar e.g. Sukrin Melis to make a topping for the cupcakes

**MCTprocal®** is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.