CLASSICAL RECIPE
4:1 RATIO

PURPLE DAY CUP CAKE

- 21g Coconut powder – EAST END or TRS
- 21g Egg
- 21g Butter
- 2g Cornflour
- 7g Blueberries - MORRISONS

You will also need 1g BARKAT baking powder and some liquid sweetener. For the butter icing you will need unsalted butter Natvia icing and food colouring.

Pre heat oven to 190c / fan 170c / gas 6.
Soften the butter.
Mix all dry ingredients in to the butter with the egg and sweetener.
Put in to a silicone muffin mould, then push the blueberries in to the top evenly.
Bake in pre heated oven for approximately 20 minutes.
Leave in the mould for a few minutes to absorb the fat.

To make butter icing:
- Simply mix soft UNSALTED butter with NATVIA icing beat well with colouring!
- 10g Natvia is enough for 25g butter
- The butter must be added to the values, so this will determine how much you can use.

Mo’s tip: These are easy to batch up. They will be ok in an airtight container for 1 day but it is better to freeze extras. They defrost quite quickly at room temperature. Good for lunch boxes!

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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