INSPIRED FOR JESSICA
3:1 RATIO

RED VELVET CUPCAKES

- 52g Eggs
- 40g Coconut powder – EAST END or TRS
- 3g Cocoa - BOURNVILLE
- 32g Unsalted butter
- 9g Self raising flour - McDOUGALLS
- 20g Ground almonds – MORRISONS
- 53g Full fat soft cheese - PHILADELPHIA
- 9g Olive oil
- 30g Icing sweetener - NATVIA

You will also need 1 teaspoon of BARKAT baking powder, some red food colouring, 1 ½ teaspoons vanilla extract, a pinch of salt and 30mls of water.

Pre heat oven to 180c / fan 160c / gas 4.
Reserve the Philadelphia, 10g Natvia, ½ teaspoon vanilla.
Separate the egg, keep the white in a grease free bowl.
Soften the butter, add the egg YOLK, 20g Natvia cocoa, flour, coconut powder, ground almonds, 1 teaspoon of vanilla, oil, water and a pinch of salt. Beat really well, you can use an electric beater, add the red food colouring to the required colour.
Whisk egg white until stiff then fold in to the mixture.
Divide in to 6 silicone cupcake moulds and cook in pre heated oven for approximately 15 – 20 minutes.
When they are cold mix the Philadelphia with the remaining 10g NATVIA and ½ teaspoon of vanilla. Divide equally on top of the 6 cakes.

Each cake will be: 15g fat / 3g protein / 2g CHO

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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