LEMON CUPCAKES

- 125g ground almonds (Fresh Life)
- 144g egg
- 55g lemon juice / flesh
- 24g Granulated sweetener (Natvia)
- 2.5g baking powder (Edmonds)
- ½ tsp vanilla
- ¼ tsp salt

Scrape out lemon flesh and lemon juice.
Add all the ingredients, mix / blend until smooth.
Place batter into each muffin case / tin.
Bake at 180 degrees C for 18-20 minutes.
Test centre with a clean fork or skewer.

ICING

- 56.5g cream cheese (Philadelphia)
- 14.3g butter
- 15g lemon juice
- 113g Natvia Icing Mix

Beat all ingredients except icing sugar until blended.
Add sugar gradually mixing all after each addition.

If divided into 8 standard muffin tins, each cupcake will be: Prt: 6.9g, Fat: 14.2g, Cho: 1.6g, 161 Kcal.
*1.67:1 ketogenic ratio if cupcake is eaten on its own. If using in a meal with other foods included, enter nutritional values for one cake as above using ‘100’ in the meal planner amount column.

* If substituting different ingredients / brands, recalculation may be required.

This recipe needs to be adapted to EACH INDIVIDUAL’S prescription. Please take this recipe to your dietitian and he / she will help you do this.

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

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