**CUPCAKES with MCT PROCAL**

- 35g Eggs
- 7g Butter
- 29g MCT PROCAL
- 13g Self raising flour - McDougalls

You will also need ½ - 1 teaspoon of liquid sweetener, and some NATVIA or SUKRIN icing.

Pre heat oven to 180c / fan 160c / gas 4.
RESERVE the icing.
Soften the butter then mix all ingredients together.
Place in silicone cupcake moulds, this makes 2 good sized cakes.
Cook in pre heated oven for approximately 15 - 20 minutes.
When cold mix the icing with a few drops of water, a little food colouring to make a thickish consistency and place on top of the cakes. This is optional, they are fine left plain.

**Mo's tip:** This makes 8 mini cakes which are useful for snacks or treats.

**PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.**
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**