



Cupcakes with Lemon Sherbet Icing

Recipe makes:
6 cupcakes

Preparation time:
10-15 minutes

Baking time:
20 Minutes

Nutritional Information	1 Cupcake
Energy	199kcal
Carbohydrates of which sugars	2.8g 0.8g
Protein	5.3g
Fat	18.5g

Ingredients:

Cupcakes

- 60g softened butter
- 90g softened reduced-fat cream cheese
- 45g brown erythritol sweetener
- 84g ground almonds
- 9g self-raising flour
- 1 ½ tsp baking powder
- 1 large egg

Lemon Sherbet Icing

- 40g Erythritol powdered sweetener (NKD living for analysis)
- 3 tsp lemon juice

Method:

1. Pre heat oven to 160°C/ fan 140°C/ gas mark 3.
2. Prepare a cupcake tin with six cupcake paper cases. Set aside.
3. In a bowl, beat together the softened butter, softened cream cheese and the brown erythritol sweetener.
4. In another bowl mix the ground almonds, flour, and baking powder together before adding into the butter mix.
5. Beat the egg, add to the mix and combine well.
6. Divide the batter equally between the six cases and bake for approximately 20 minutes, or until golden brown.
7. Let the cupcakes cool completely for 20 minutes before removing them from the tin.
8. Whilst cupcakes are cooling prepare the frosting: Sieve the icing sugar into a bowl to remove any lumps and add the lemon juice. Mix well until smooth.
9. When the cakes are cold top each cupcake with a portion (8g) of icing.

Chef's Tips:

- You can use water instead of lemon juice if you prefer.
- Decorate with grated lemon rind or fresh mint leaves.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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