

Beetroot Beauties

0g protein per cupcake



Ingredients (Serves 12 small cupcakes):

Cupcakes:

- 110g *Loprofin Mix*
- 1 tsp baking powder
- 110g caster sugar
- 2 tsp *Loprofin Egg Replacer*
- 100g cooked beetroot (no added vinegar)
- 80ml *Loprofin Drink** / *Sno-Pro Milk Replacer*
- 50ml vegetable oil

Buttercream icing:

- 100g butter, softened
- 200g icing sugar
- 1-2 tbsps *Sno-Pro Milk Replacer** / *Loprofin Drink*

Decoration:

- Iced love hearts



Oven temperature: Preheat oven to 180°C



Method:

1. In a food processor, blend the beetroot, Sno-Pro Milk Replacer or Loprofin Drink* and oil until smooth.
2. Sieve the Loprofin Mix, Loprofin Egg Replacer, baking powder and sugar into a bowl.
3. Stir the beetroot into the flour mixture until just combined (do not over mix).
4. Spoon the mixture into the cupcake cases and cook in the oven for 15 minutes, or until the cupcakes have risen and the tops are springy to the touch.
5. Remove from the oven and set aside to cool.
6. To make the buttercream icing, beat the butter, icing sugar and vanilla essence together. Add the Sno-Pro Milk Replacer or Loprofin Drink* gradually until you get a smooth consistency.

7. Spread the icing onto the muffins with a knife, or spoon the icing into a piping bag and pipe the icing onto the muffins.
8. Decorate with love hearts.



Chef's tips:

- To make a richer sponge you can make these into chocolate cupcakes:
 - At step 3, simply add 15g of cocoa powder** and reduce the Loprofin mix to 95g. Follow the rest of the recipe as normal.
 - Decorate with some fresh berries.

**1 carton of Loprofin Drink contains ½ an exchange.*

***Please check the protein levels on food labels.*