

Devil's Food Cupcakes

Serves: 12



Ingredients*

- 125g butter, softened
- 125g caster sugar
- 250g **Loprofin Mix**
- 2 tsp **Loprofin Egg Replacer**
- 200ml **Sno- Pro Milk Replacer/ Loprofin Drink****
- 25g cocoa powder*** (5.5ex)
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 1 tsp vanilla extract
- 1 tsp instant espresso powder
- 1 carrot, grated
- 1 small apple, grated
- ½ mashed avocado*** *(1.5ex)
- ½ mashed banana****

Cream cheese frosting:

- 2 tsp **Loprofin Egg White Replacer**
- 200ml boiling water
- 12g vegetable gelatine (1 sachet)
- 2 tsp vanilla extract
- 200g caster sugar
- 125g Violife® cream cheese***



Method:

1. Pre heat the oven to 170 C.
2. In a jug, mix the cocoa powder, espresso powder, mashed banana, avocado and **Sno-Pro Milk Replacer** or **Loprofin Drink****, set to one side.
3. In a bowl, whisk together the butter, sugar and vanilla extract until light fluffy and pale.
4. Add in the **Loprofin Mix, Loprofin Egg Replacer**, baking powder, bicarbonate of soda to the the butter and sugar mix.
5. Gradually add the liquid mix that was set aside to the mix and gently combine.
6. Finally, add the grated carrot and apple and stir until you have a batter.



Serving Suggestion

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1 serving= ½ g protein

Serves: 12 muffins



Method Continued:

7. Pour the cake mix into a 10 inch cake tin or a 12 cup muffin tin.
8. Bake for 30-35 minutes until the cake or muffins springs back from the sides of the tin. Check the cake after 25 minutes as cooking time will depend on your oven.
9. To make the cream cheese frosting in a jug mix boiling water and **Loprofin Egg White Replacer** and leave to cool.
10. In a separate bowl, dissolve the vegetable gelatine in 2 tbsp of water and allow to soften.
11. In the same bowl mix the cream cheese, vanilla extract and soften gelatine together.
12. Using an electric whisk, whisk the **Loprofin Egg White Replacer** until light and fluffy (this takes about 10 minutes). Gradually add the caster sugar a spoon at a time and continue to mix until you have a meringue mixture.
13. Allow the icing to set and firm up in the fridge for an hour before icing your cupcakes.



Chef's Tips

You could also make one large cake for a birthday or a celebration. You can freeze the cupcakes for up to 3 months just wrap in cling film and put into a freezer bag.

For the cream cheese frosting you can flavour it with cocoa powder***, lemon and orange zest if you want to vary the flavour. If you don't have enough time to make the icing you could serve the cupcakes with Better Crocker® Butter Cream Icing***.

* Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional

**1 carton of Loprofin drink = ½ exchange

*** Check the protein content on the food label

****This vegetable, if taken in large amounts, adds a significant amount of protein to the diet and needs to be counted as part of your exchanges