

Lemon and Lime Delights

Ingredients

120g/4oz soft margarine

120g/4oz castor sugar

210g/7oz Loprofin Low Protein Mix

2 teaspoons Loprofin Egg Replacer

2 teaspoons baking powder

Grated rind of 1 lemon and 1 lime

Juice of ½ lemon and juice of ½ lime made up to 150ml/5fl.oz with water

Lemon curd – check suitable brands for protein content

Icing sugar to finish

Oven temperature: 180°C/350°F/Gas Mark 4

Method

1. Cream together the margarine and sugar until light and fluffy using an electric mixer.
2. In a separate bowl, combine Loprofin mix with egg replacer and baking powder.
3. Add to the creamed mixture with the grated rind of the lemon and lime.
4. Work in the liquid (the juice and water), beating for a few minutes to form a smooth, soft dropping consistency.
5. Grease 8 ramekin dishes well. Place a spoonful of sponge mixture into each.
6. Spread 1-2 teaspoons lemon curd on top and spoon the remaining mix over to cover.
7. Bake in a pre-heated oven for 20 minutes until cooked. Remove from the oven and loosen to turn onto individual plates.
8. Dust lightly with icing sugar and decorate with grated lemon rind or sugared lemon slices. Serve hot.

Note

These can also be cooked in a microwave oven for approx. 1 minute on high. Leave to stand for 2 minutes to complete cooking before turning out.

Serving suggestion – serve with the low protein cream recipes with some the grated zest of some lemon or lime mixed through the cream

