

Magic Muffins

Ingredients

425g can black cherries in syrup

100g/4oz soft margarine

100g/4oz caster sugar

200g/8oz Loprofin Low Protein Mix

2 teaspoons Loprofin Egg Replacer

2 teaspoons baking powder

150m/6fl.oz SnoPro Low Protein Milk – may need to count as exchanges

1 teaspoon almond flavouring

25g/1oz brown sugar crystals for coffee, lightly crushed

Oven temperature: 190°C/375°F/Gas Mark 5

Method

1. Drain the cherries, remove the stones and cut the flesh into quarters, reserve until required.
2. Place the margarine and sugar in a large bowl, beat well until light in texture and creamy coloured.
3. Combine the Loprofin Mix, Loprofin Egg Replacer and baking powder, beat into the creamed mixture, gradually adding the SnoPro Low Protein Milk (beating for one minute if using an electric hand mixer, 2-3 minutes with a wooden spoon), until a soft smooth batter is achieved.
4. Stir in the cherries and almond flavouring.
5. Divide the mixture evenly between 12 muffin cases in a large muffin tin.
6. Sprinkle a little of the crushed sugar on top of each muffin.
7. Bake the muffins in a preheated oven for 20-25 minutes, until well risen and firm to touch.
8. Cool on a wire rack.

This recipe was provided by Nutricia Metabolics.