Metabolic.ie
National Centre for Inherited Metabolic Disorders

Low Protein Christmas Cake

100g Unsalted Butter
100g Demerara Sugar
50g Caster Sugar
1 tsp Mixed Spice
1 tsp Cinnamon
½ tsp Nutmeg, grated
100g Dried mixed peel
50g Dried Cranberries
50g Raisins, chopped
100g Glace cherries, chopped
350g Fate Low Protein All-Purpose Mix
2 tbsp Golden syrup
250ml ProZero
20g Egg replacer
Shamrock Ready to Roll Icing

- Preheat the oven to 180°C/fan 160°C/gas mark 5.
- Place the butter, demerara sugar and caster sugar in a bowl and cream together.
- Add the mixed spice, cinnamon and nutmeg and mix well.
- Add the dried mixed peel, dried cranberries, raisins, glace cherries and Fate Low Protein All-Purpose mix and mix well.
- In a separate bowl, mix together the golden syrup, ProZero and the egg replacer and add to the mixture and mix thoroughly.
- Pour into the lined cake tin and bake for 45 minutes or until golden.
- Remove from the oven and allow to cool.
- When cold, decorate the cake with your favourite Christmas scene using 'ready to roll' icing (0g protein)

Recipe provided by Vitaflo