

# Low Protein Easter Baking Recipes 2020

## Vitabite Easter Egg

8 Vitabite 25g Bars(200g) 150g for recipe and extra for decorating
Permitted jellies for decorating

- Place silicone egg moulds into freezer. Silicon egg moulds available on eBay and Amazon. See image as example.
- Break about 150g of chocolate into small cubes. Melt chocolate in a glass or plastic bowl over a pan of boiling water. Gently stir when the chocolate begins to melt. Make sure the water doesn't splash into the chocolate as this will make it go all lumpy.
- Spread the melted chocolate with a pastry brush or spoon as evenly as possible over the inside of the two moulds.
- Place in fridge until set.
- Repeat steps 1-3 two to four times to build up a thick shell.
- Trim the edges with a sharp knife then gently pop the shells out of the moulds.
- To join the two halves together, apply some melted chocolate to the inside rim of one half (the melted chocolate can be painted on using a pastry brush, or applied using a teaspoon). Pick up the other chocolate shell and press the two together. Leave to set.
- Ice and decorate with melted vitabite/permitted jellies as you like



## Easter Brownies

For brownies	To decorate
250g Fate Low Protein Chocolate Flavour Cake Mix	400g tub Betty Crocker Vanilla Buttercream Style Frosting
65g Margarine, soft	1 tsp Green food colouring
120ml Low Protein Milk	20 jelly tots or other permitted sweets
7 Vitabite 25g Bars	

- Preheat the oven to 190°C/fan 170°C/gas mark 5.
- Mix together the Fate low protein chocolate flavour cake mix, margarine and ProZero.
- Melt Vitabite in a heatproof bowl over a pan of boiling water.
- Add the Vitabite to the mixture and mix well.
- Pour into a lined 21cmx21cm baking tin and cook in the oven for 35 minutes.
- Remove when cooked and allow to cool.
- Stir green food colouring into the frosting then spoon into a piping bag with a rosette nozzle. Pipe icing onto the cool brownies to resemble grass.
- Decorate with jelly beans or other permitted sweets.

Recipe from [vitafriendspku.com](http://vitafriendspku.com)

## Carrot Strawberries

40mls Water
260g Icing Sugar
½ tsp orange food colouring
8 Strawberries

- In a bowl, combine the water, icing sugar and orange food colouring.
- Dip the strawberries in the icing until completely covered and lay on a baking tray lined with greaseproof paper.
- Use a fork dipped in orange icing to drizzle additional lines of icing over the strawberries to resemble carrots.
- Chill in the fridge until set.

Recipe from [vitafriendspku.com](http://vitafriendspku.com)

## Easter Cupcake Nests

For cupcakes	To decorate
250g Fate low protein chocolate flavour cake mix	9 Vitabite 25g Bars
65g Margarine, soft	80g unsalted butter, soft
125ml Water	200g icing sugar
	20ml ProZero
	75g Jelly tots

- Preheat the oven to 200°C/fan 180°C/gas mark 6.
- Make the Fate low protein chocolate flavour cake mix as per packet instructions and divide equally between 6 cupcake cases.
- Bake in the oven for 20 mins, remove and allow to cool.
- Meanwhile to make the frosting, melt 7 Vitabite bars in a heatproof bowl over a pan of boiling water, then allow to cool to room temperature.
- Beat the butter in a separate bowl until soft and gradually beat in the icing sugar.

- Fold the cooled melted Vitabite into the butter and icing sugar mixture until combined.
- Pipe the frosting repeatedly around the edges of the cupcakes with a small round nozzle to resemble a nest.
- Add jelly beans to the centre of the nests.
- Cut 2 bars of Vitabite into shards and place around the jelly beans.

Recipe from [vitafriendspku.com](http://vitafriendspku.com)

## Easter Sheep Cupcakes

For cupcakes	To decorate
250g Fate low protein chocolate flavour cake mix	9 Vitabite 25g Bars
65g Margarine, soft	80g unsalted butter, soft
125ml Water	200g icing sugar
	20ml ProZero
	250g Freedom mini white marshmallows
	12g Edible sugar eyes

- Preheat oven to 200°C/fan 180°C/gas mark 6.
- Melt 2 bars of Vitabite in a heatproof bowl over a pan of boiling water.
- Spoon the melted Vitabite onto a baking tray lined with baking paper to make oval shapes (2cm wide).
- Chill in the fridge until set.
- Make the Fate low protein chocolate flavour cake mix as per packet instructions and divide equally between 6 cupcake cases.
- Bake in the oven for 20 mins then remove and allow to cool.
- Meanwhile, make the icing. Melt remaining Vitabite in a heatproof bowl over a pan of boiling water then allow to cool to room temperature.
- Put the butter and icing sugar into a bowl and beat until smooth.
- Fold in the cooled melted Vitabite until combined (you may need to add a small amount of ProZero to loosen)
- Spread the icing over the top of the cupcakes.
- Remove the Vitabite oval shapes from the fridge and place on the top of each cupcake, close to the edge.

- Dip the top of the cupcake in a bowl of the mini marshmallows so that they stick to the icing to resemble sheep's wool.
- Stick the edible eyes to the oval Vitabite with a small amount of icing as glue.

Recipe from [vitafriendspku.com](http://vitafriendspku.com)

## Easter Chick Cookies

For cookies	To decorate
120g Fate low protein all-purpose mix or Alternative	200g Betty Crocker Zesty Lemon icing
1 tsp egg replacer	50g yellow sprinkles
50g Butter, soft	6 Orange skittles
70g Sugar	12 Purple Skittles
60ml Water	

- Pre-heat oven to 160°C/fan 140°C/ gas mark 5.
- In a bowl, mix together the Fate Low Protein All-Purpose Mix and egg replacer.
- In a separate bowl, combine sugar and butter to a smooth texture.
- Add the Fate Low Protein All-Purpose Mix mixture to the butter and sugar and mix well.
- Add water to the mixture and combine to form a dough.
- Cover a baking tray with greaseproof paper. Divide the dough into 6 balls, place on the baking tray and flatten to 1cm thick cookies using the back of a spoon.
- Bake for 20 minutes or until golden brown and leave to cool on a cooling rack.
- Once cooled, ice the cookies and top with sprinkles.
- Place 2 purple skittles on each cookie to resemble the eyes of a chick and 1 orange skittle sideways to resemble the beak.

Recipe from [vitafriendspku.com](http://vitafriendspku.com)

## Easter Lemon Cupcakes

For cupcakes	To decorate
50g butter, softened	100g butter, softened
50g caster sugar	200g icing sugar
1 tsp vanilla essence	Zest of 1 lemon
115g Loprofin Mix or Alternative	1 tbsp lemon juice
1 tsp Loprofin Egg Replacer	1 tbsp yellow food dye
1 tsp baking powder	
100ml low protein milk	
Juice of ½ lemon	
Zest of 1 lemon	

- Preheat the oven to 180C and line a cupcake tray with paper cases.
- Place the butter and sugar in a large bowl. Beat for 1–2 minutes, until light and creamy in texture. Thoroughly mix together with the loprofin mix, loprofin egg replacer and baking powder.
- Stir the low protein milk into the creamed mixture until a soft smooth batter is achieved.
- Transfer the mixture into the cupcake cases.
- Bake the cupcakes in the oven for 15 minutes, until well risen and firm to touch. The cupcakes will be very pale in colour.
- Allow to cool for 5 minutes, then transfer onto a wire rack.
- To make the buttercream icing, whisk together the butter, icing sugar, lemon juice, lemon zest and yellow food colouring to form a smooth icing.
- When the cupcakes are cooled, pipe the buttercream icing onto the cupcakes and decorate as desired.

Recipe from [lowproteinconnect.com](https://www.lowproteinconnect.com)