

Low Protein Cakes

These foods are to be used as a treat once or twice a week as part of a healthy diet

Promise

Available in Tesco, Dunnes and Supervalu



Raspberry Snowbombs 1 cake = 1 exchange



Lemon Drizzle Cake 1 slice (40g) = 1 exchange



Chocolate Fudge Cake 1 slice (40g) = 1 ½ exchanges



Iced Madeira Queen Cakes/ Blueberry Muffins 1 cake = 1 ½ exchanges



Chocolate Chip Muffins 1 muffin = 2 exchanges

Genius

Available in Tesco



Pancake 1 pancake = 1 exchange

Tesco



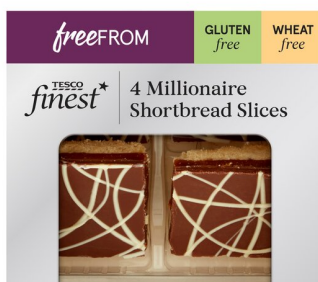
Free From Cherry Bakewell Tarts/ Free From Jam Tarts **1 tart = ½ exchange**

Free From Bramley Apple Pies **1 pie = 1 exchange**



Free From Mini Chocolate Chip/ Double Chocolate Muffins **1 mini muffin = 1 exchange**

Free From Brownie Mini Bites **1 mini bite = 1 exchange**



Finest Free From Millionaire Slices **1 slice = 1 ½ exchanges**

Free From Chocolate Cupcakes **1 cupcake = 2 exchanges**

Free From Chocolate Cake Slices/ Chocolate Brownie Slices **1 slice = 1 exchange**



Free From Angel Slices **1 slice = 1 ½ exchanges**



Free From Lemon Slices **1 slice = 1 ½ exchanges**



Free From Chocolate Coated Cake Slices **1 slice = 1 ½ exchanges, 2 slices = 3 ½ exchanges**



Free From Victoria Sponge **1 Slice (61g) = 2 exchanges**



Finest Free From Carrot Cake **1 slice (67g) = 2 exchanges**



Finest Free From Chocolate Cake **1 slice (66g) = 2½ exchanges**

Goodness Grains

Available in Dunnes Stores, Tesco and Supervalu



Coffee Squares **1 square = 1 exchange**



Lemon Squares **1 square = 1 ½ exchanges**



Luxury Chocolate Brownies **1 brownie = 2 ½ exchanges**



Madeira Cake 1 slice = 1 ½ exchanges

Lemon Muffins 1 muffin = 2 exchanges

Marks & Spencer



Made Without Golden Syrup Pancakes 1 pancake = 1 ½ exchange

Made Without Iced & Spiced Buns 1 bun = 1 ½ exchange



Made Without Zesty Lemon Cake Slices 1 slice = 1 exchange

Made Without Chocolate Fudge Cake Slices 1 slice = 1 exchange, 2 = 2 ½ exchanges



Made Without Blueberry Muffins/ Zesty Lemon Muffins 1 muffin = 2 exchanges



Made Without Hot Cross Buns **1 bun = 2 exchanges**

Made Without Chocolate Chip Brioche Rolls **1 brioche = 1 ½ exchanges, 2 = 3 ½ exchanges**

Made Without Victoria Sponge Cake **1 slice (¼ of cake) = 2 exchanges**



Made Without Teacakes **1 teacake = 2 ½ exchanges**

Made Without Pains Aux Raisins **1 pastry = 2 ½ exchanges**



Made Without Chocolate Twists/ Made Without Croissants **1 pasty = 3 exchanges**

Made Without All Butter Fruit Scones **1 scone = 3 exchanges**

Aldi



The Foodie Market Gluten Free Coffee Cake **1 Slice (43.7g) = 1 exchange**

The Foodie Market Gluten Free Madeira Cake **1 Slice (40g) = 1 ½ exchange**

Lidl



Free From Raspberry Butterfly Cakes **1 cake = 1 exchange**

Free From Lemon Loaf Cake **1 slice (31g) = 1 exchange**



Free From Chocolate Loaf Cake **1 slice (41g) = 1 ½ exchanges**