

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**



Iced Madeira Queen Cakes **1 cake = 1 exchange**

Blueberry Muffins **1 muffin = 1 ½ exchanges**

Chocolate Chip Muffins **1 muffin = 2 exchanges**

Genius

Available in Tesco



Scotch Pancake **1 pancake = 1 exchange**

Blueberry Pancake **1 pancake = 1 exchange**

Double Chocolate Muffin **1 muffin = 4 exchanges**

Tesco



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

Free From Bramley Apple Pies 1 pie = 1 exchange



Double Chocolate Muffins 1 mini muffin = 1 exchange

Free From Chocolate Rocky Road Bites 1 rocky road bite = ½ exchange



Finest Free From Millionaire Slices 1 slice = 1 exchange

Free From Chocolate Cupcakes 1 cupcake = 2 exchanges

Free From Chocolate Cake Slices 1 slice = 1 ½ exchange



Free From Angel Slices **1 slice = 1 exchange**

Free From Lemon Slices **1 slice = 1 exchange**

Free From Chocolate Coated Cake Slices **1 slice = 1 ½ 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**



Lemon Muffins **1 muffin = 2 exchanges**

Madiera Cake **1 slice = 1½ exchanges**

Updated October 2025. Always check the label as ingredients can change

Marks & Spencer



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 ½ exchange**

Made Without Zesty Lemon Muffins **1 muffin = 2 exchanges**



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

Made Without Chocolate Twists **1 twist = 2 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 Croissants 1 pastry = 3 exchanges



Made Without All Butter Fruit Scones 1 scone = 3 exchanges



Kelkin Gluten Free Teacakes 1 Teacake = ½ an exchange

Lidl



Free from Lemon Loaf Cake 1 serving(41g slice) = 1 ½ exchanges