

Cupcakes



Ingredients

Makes 12 cupcakes. For the cupcakes, 500g classic cake mix, 107g margarine, 200ml water, 1 lemon (zest only). For the filling, 150g butter (softened), 300g icing sugar, 1 lemon (juice only), 12tsp blueberry jam, blueberries (to decorate)

Method

- Preheat oven to 180°C/160°C. Line a muffin tin with cupcake cases
- Add the cake mix to a bowl with the margarine and mix to form a crumble
- Add water and mix thoroughly until a smooth batter. Fold in the lemon zest
- Divide the mixture into cupcake cases
- Bake for 20-25 minutes until springy to touch. Place on a wire rack to cool
- For the buttercream, mix icing sugar, butter, add lemon juice and mix until smooth
- Cut a small cone shape out of the cake and fill with 1 tsp of blueberry jam
- Apply a spoonful of buttercream to the top of the cake and smooth over

Lemon Drizzle Cake



Ingredients

Classic Cake Mix 225g, Margarine 80g, Water 150g, 1 Lemon, Sugar 100g

Method

- Preheat oven to 180°C.
- Rub the classic cake mix with the margarine to form a crumble like mixture.
- Add 2/3 of the water and mix to make a batter then slowly add the rest of the water whilst mixing
- Grease a loaf tin
- Add the classic cake mix to the tin
- Bake at 180°C for 35 minutes
- Whilst baking, mix the juice of 1 lemon with the sugar to make the topping
- When the cake comes out of the oven poke holes in it and pour over the topping while cake is still hot and leave to cool in tin

Marble Cake



Ingredients

Chocolate Cake Mix 55g, Classic Cake Mix 150g, Margarine 70g, Water 135g

Method

- Preheat oven to 180°C.
- Rub the classic cake mix with the margarine to form a crumble like mixture.
- Add 2/3 of the water and mix with an electric whisk until smooth
- Slowly add the rest of the water whilst mixing
- Repeat the previous steps to make the chocolate cake.
- Grease a 400g loaf tin
- Add the classic cake mix to the tin dispersing the chocolate cake throughout the cake
- Swirl the cake a little with your finger being careful not to mix too much
- Bake in a preheated oven for 40 minutes

Victoria Sponge Cake



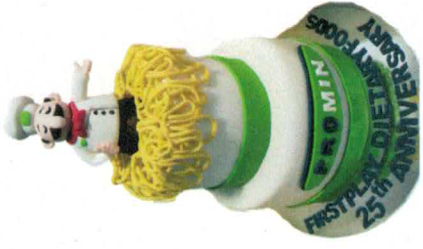
Ingredients

For the cake, 500g classic cake mix, 107g margarine, 200ml water. For the filling, 100g butter (softened), 200g icing sugar, 150g jam (strawberry or raspberry), icing sugar (to decorate)

Method

- Preheat oven to 180°C/160°C. Grease and line two 8 inch/20cm tins
- Add the cake mix to a bowl with the margarine and mix to form a crumble
- Add water and mix thoroughly until a smooth batter forms
- Divide the mixture evenly between tins. Gently smooth the surface of the cakes
- Bake for 20-25 minutes on the middle shelf of the oven until springy to touch.
- Leave in the tins for 5 minutes then turn out onto a wire rack to cool
- For the filling, beat the butter until smooth, gradually add the icing sugar
- Spread the buttercream over the bottom of one of the cakes. Top with jam and place the second sponge on top.
- Dust with icing sugar, then serve

Promin Low Protein Classic and Chocolate Cake Mixes are now available in the UK.

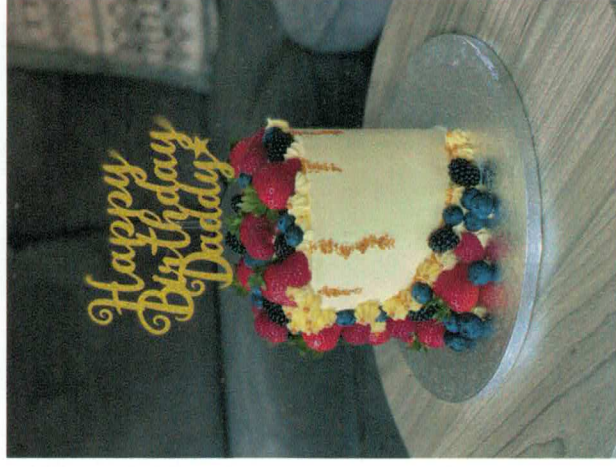


- Promin Low Protein Classic Cake Mix – PIP Code 4220612
- Promin Low Protein Chocolate Cake Mix – PIP Code 4220679

About us: Firstplay Dietary Foods is a family run company formed by Steve and Linda Fletcher to produce Promin Low Protein products from a small factory in Stockport, Cheshire where only low protein products are produced. Firstplay Dietary Foods are at the pinnacle of being proactive in the world of Metabolics, and thrive on pleasing the PKU community.

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Promin Low Protein Cake Mixes

available in Classic and Chocolate flavours

Recipes

From our bakery, to your home

