

SUGAR SWAPS

INSTEAD OF...



CHOOSE...

less than ½ the sugar



Low-Sugar Chocolate Fudge Cup Cakes

Ingredients

- 70g Butter, softened
- 100ml rapeseed oil
- 120g Total Sweet xylitol* (from supermarkets, see below)
- 60g Blackstrap molasses (from health food stores)
- 50g cocoa powder
- 2 eggs
- 150ml boiled water
- 150g Greek yogurt (full fat)
- 280g self-raising flour with 1 teaspoon baking powder



For the chocolate fudge filling:

- 70g dark chocolate
- 70g mascarpone, and 1 tablespoon (15ml) boiling water

Method

1. Turn on oven to 160c (150 fan). With an electric mixer, mix together the first 5 ingredients: butter, oil, xylitol, blackstrap molasses, and cocoa powder.
2. Add one egg at a time and continue mixing.
3. Add half of the sieved flour and baking powder with the mixer on the lowest setting.
4. Add the yogurt and boiled water, and then fold in the rest of the flour.
5. Spoon the mixture into 16 muffin cases and bake at 160c for 15 minutes (you can put the mixture into 24 fairy cake cases which will take around 10 minutes to bake).
6. Test with a skewer – if it comes out clean they're done. Leave in the tin to cool.
7. Fudge Icing: Melt the chocolate in a bowl over hot water, add the mascarpone and mix. Then add hot water and spread on top of each cupcake. Enjoy!

* Xylitol is a natural alternative to sugar made from birch trees and is preferable to chemical sweeteners such as Splenda (sucralose)

Low-Sugar Chocolate Fudge Cake	Sugar g
Total	61
per cake	3.8

Nigella's Chocolate Fudge Cake	Sugar
Total	672.2
per slice, 1/10th cake	67.2

Recipe by Yinka. How did you do? Let me know! Y.thomas@mdx.ac.uk