



Gluten Free Cupcakes and Diabetic Desserts by Sian Hindle

We all need a sweet treat occasionally, but it is especially difficult if you have a food intolerance or allergy. I think the most difficult allergy to live with is Coeliac, where you can't have gluten in your diet. Gluten is found in flour, so all baked items are out, bread, biscuits, cakes, unless you use a gluten free flour, like Doves Farm. This is a brilliant alternative to normal flour and works equally well in baking. There are also a number of cake mixes available, I have used the Tesco "Free From" range occasionally and found the results to be great. Cupcakes are still ever popular, so why not bake some gluten free cupcakes as a gift.

More and more people are being diagnosed with Diabetes nowadays. Changing your diet is especially difficult if you have been used to having sugar in your diet. You can bake cakes with artificial sweetener, but the results are not the same in terms of texture. The resulting cakes tend to be more scone like than spongy. My preferred sweetener to bake with is Splenda, it seems to have less of an artificial sweetener aftertaste. Choux pastry doesn't contain any sugar, so is perfect for filling with fresh cream and pouring over a fruity sauce.

Gluten Free Cupcakes

100g Unsalted Butter

100g Caster Sugar

2 Eggs

1tsp Vanilla Essence

100g Gluten Free SR Flour

1tbsp Water

For the Buttercream

100g Unsalted Butter, softened

200g Icing Sugar, sieved

1tsp Vanilla Essence

1. In a large bowl beat together the butter and sugar.
2. Beat in the eggs, vanilla extract, flour and water.
3. Divide the mixture between 12 cupcake cases.
4. Bake in a pre-heated oven 160°C/Gas 4 for 15 minutes.
5. Cool the cakes on a wire rack.
6. To make the butter cream, whisk the butter and icing sugar together until smooth and aerated. Add the vanilla to flavour and whisk. Fill a piping bag to decorate
7. When cold pipe or spread with butter cream and decorate as desired.



Diabetic Raspberries and Cream Choux Buns

Baked Choux Buns

1 carton Double Cream, Whipped

Frozen Raspberries

Splenda to taste

Fresh Raspberries to Decorate

1. Whip the cream with a hand held mixer or hand whisk. Fill the buns by either piping into the buns, or split in half to fill.
2. Defrost the raspberries and whiz to make a puree in a food blender. Pour through a sieve to remove the pips.
3. Taste the coulis and sweeten to taste.
4. Arrange the choux buns in a dish, pour over the raspberry sauce, decorate with fresh raspberries.
5. To save time, you can buy frozen cream filled choux buns, don't serve them with the chocolate sauce, but make the raspberry sauce to pour over.

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