# Cup Cakes



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| Serves | 12 |
| Prep time | 10 minutes |
| Cook time | 20 minutes |
| Total time | 30 minutes |
| Allergy / Intolerance | Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates |
| Suitable for | Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet – Very High Chemical |
| Meal type | Sweet Things |
| Misc | Child Friendly, Freezable, Pre-preparable, Serve Cold |
| Occasion | Birthday Party, Casual Party |
| From book | Friendly Food |

## Ingredients

- 125g unsalted butter (room temperature)
- 125g caster sugar
- 2 eggs (lightly beaten)
- 1 1/2 cup self-raising flour
- 125ml low fat milk

### For Carob/Chocolate Glace Icing:

- 1 tablespoon carob or cocoa powder
- 1 1/2 cup pure icing sugar

### For Lemon Glace Icing:

- 1/2 teaspoon citric acid
- 1 1/2 cup pure icing sugar

## Directions

1. Preheat the oven to 180 C. Line 12 muffin holes with cup cake cases
2. Beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each one.
3. Sift the flour into a large bowl. Fold the flour into the butter mixture alternating with the milk.
4. Spoon the mixture between the cup cake cases and bake for 15 to 20 minutes or until just cooked.
5. Allow to cool in the tray for a few minutes, then remove to a wire rack to cool completely.



6. For the icing, combine the icing sugar and cocoa/carob/citric acid mixture with enough water to get the required consistency. Use a small knife to spread over each cake.
7. Decorate the tops with Smarties, shaved chocolate or naturally coloured 100s and 1000s.
   Dust the cakes with pure icing sugar rather than the icing.



## Note

Low Chemical  / Very High Amines

Variations:
1. Decorate the tops with Smarties, shaved chocolate or naturally coloured 100s and 1000s. Note: Smarties and naturally coloured 100s and 1000s contain salicylates.
2.. Decorate the cakes by dusting with pure icing sugar rather than the icing.

These cup cakes can be frozen so they are great to keep in the fridge at child care / kinder / school for days when cakes are brought in, or to take to parties.