

Easter

Chick

Cupcakes

Dessert



Easter Chick Cupcakes

Preparation time: 15 minutes

Cooking time: 15-20 minutes

Makes approx: 4 cupcakes

Ingredients

Cupcakes:

75g plain flour
3g bicarbonate of soda
1 large egg
75g caster sugar

3 drops pure vanilla extract
60ml olive oil
125ml Renastep™
(1 bottle)

Decoration:

100g unsalted butter
150g icing sugar
60ml Renastep
(approx. half of a bottle)

1 drop pure vanilla extract
Yellow gel food colouring
15g shredded coconut
10g chocolate chips
2-3 glace cherries

Method

To make the cupcakes:

1. Preheat the oven to 180°C/160°C Fan/Gas Mark 4.
2. In a bowl, combine the flour and bicarbonate of soda.
3. In a separate bowl, beat the egg, gradually add the sugar, vanilla extract and oil, and stir until combined.
4. Add the flour mixture and half a bottle of Renastep (approx. 60ml) and whisk.
5. Add the remaining half a bottle of Renastep to the mixture and whisk.
6. Place the 4 x 8 cm diameter cupcake cases into a muffin tray and evenly pour the cake mixture into the cases.
7. Bake in the oven for 15-20 minutes, until golden brown.
8. Carefully transfer the cupcakes onto a wire rack to cool.

For the frosting:

1. Cream together the butter and icing sugar in a bowl.
2. Add half a bottle of Renastep (approx. 60ml) and the vanilla extract to the butter icing mixture and mix well.
3. Add the food colouring to get your desired colour.

To decorate:

1. Spread the icing onto the surface of the four cupcakes evenly, using the back of a spoon.
2. Dip the surface of the cupcakes into the coconut.
3. Add the 'eyes' to each cupcake using 2 chocolate chips.
4. Add a 'beak' to each cupcake using a small slice of cherry, cut into the shape of a triangle. Your Easter chicks are now ready.

Nutritional Information

Nutrient		per cupcake	per 100g
Calories	kcal	752	418
Protein	g	4.8	2.7
Sodium	mg/mmol	268 / 11.5	149 / 6.5
Potassium	mg/mmol	98 / 2.5	55 / 1.4
Phosphorus	mg/mmol	51 / 1.6	28 / 0.9
Calcium	mg/mmol	50 / 1.3	28 / 0.7

Always check with your dietitian that this recipe is suitable for you.



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information. This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimer dietary analysis software.

Dietitians comments:



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