

## FROSTED CUPCAKES

**MAKES: 12**

### CUP CAKES

2 egg whites  
¼ cup sugar  
1½ tablespoon (1oz) light margarine (Promise®)  
⅓ cup no-fat milk  
½ teaspoon vanilla extract  
1 cup self rising flour  
12 paper cases

### FROSTING

½ cup confectioner's sugar  
1 teaspoon light margarine (Promise®)  
approx 1 teaspoon no-fat milk  
a few drops of food coloring  
decorations



Preheat oven 350°F (180°C) fan forced.

**To make cup cakes:** In a medium sized mixing bowl beat egg whites and sugar for 1 minute using an electric beater. Melt margarine, then add milk and extract, pour into bowl. Gently fold sifted flour into mixture in one go, treat as if it is a sponge. **DO NOT BEAT**, as this will make the cakes tough. In a 12 cup muffin pan place 12 paper cases. Spoon mixture evenly into cases. Bake 10 minutes or until firm to touch.

**To make frosting:** Place confectioner's sugar, margarine and a few drops of milk into a small bowl, stir together adding drops of milk until you have a spreadable consistency. Add a few drops of food colouring, mix in well. Spread over cooled cup cakes then decorate. Leave to set.

### NUTRITIONAL INFORMATION

#### PER CUP CAKE

<b>CALORIES</b>	<b>87</b>
<b>TOAL FAT</b>	<b>1.0g</b>
<b>SATURATED FAT</b>	<b>0.2g</b>
<b>SODIUM</b>	<b>108mg</b>
<b>CARBS</b>	<b>18.0g</b>
<b>SUGAR</b>	<b>9.7g</b>
<b>FIBER</b>	<b>0.4g</b>
<b>PROTEIN</b>	<b>2.0g</b>
<b>GI RATING</b>	<b>Medium</b>