

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Cupcakes

Recipe makes: 12 cupcakes

Prep time: 10-15 minutes

Cooking time: 25-30 minutes

<i>Nutrition info per serving</i>	<i>1 cupcake</i>
Calories	164
Carbohydrate	5 g
Protein	5 g
Fat	14 g
Total Sugars	1.8 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Cupcakes

Ingredients:

- 2 cups (224 g) almond flour
- 2 ½ tsp (11.5 g) baking powder
- ½ tsp (3 g) salt
- 4 Tbsp (57 g) softened butter
- 1 ¼ tsp (7 g) vanilla extract
- 1 tsp (0.5 g) erythritol, or other artificial sweetener for baking that is equivalent in sweetness to 1 tsp sugar
- Grated rind of 1 washed lemon (optional)
- 2 large eggs (100 g), at room temperature
- ¾ cup (183 g) milk

Method:

1. Preheat oven to 350°F.
2. Line a muffin tin with 12 cupcake liners.
3. In a bowl, mix the first three ingredients together and set aside.
4. In a separate bowl, using a wooden spoon, mix butter, vanilla, sweetener, and lemon rind (if using) together until creamy.
5. Add the two eggs to the butter mixture, and beat until fluffy. This is your wet mixture.
6. Add the dry ingredients to the wet mixture and stir. While stirring, add milk.
7. Evenly distribute the batter into the 12 cupcake liners.
8. Bake for 25-30 minutes. Check if done by inserting a toothpick into the center of a cupcake, if it comes out clean, remove from oven.
9. Cool on a cooling rack and store in an air-tight container.



Innovation in Nutrition

A Nestlé Health Science Company

Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

For more information about Vitaflo products and services, visit www.VitafloUSA.com, email vitafloNAM@vitaflousa.com or call **1-888-848-2356**.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2020 Nestlé. This recipe was developed by Connecticut Children's team and Vitaflo International Ltd.