

# Low FODMAP Lemon Coconut Cupcakes

Serves 8 (1 slice per serve)

Recipe by CNZ Ambassador, Alana Scott.

FODMAP note on cream: Regular cream is low FODMAP in 2 tablespoon serves. The amount of cream in this recipe is low FODMAP providing you follow the serving size guidelines. You can also take a lactase tablet when eating the dessert if you are concerned about the lactose. If you are dairy free then try using whipped coconut cream instead, just limit your serve to 1/3 cup per portion.

## Ingredients

### Sponge Cake

- 4 egg (medium)
- 1 tbsp boiling water
- 156 g (3/4 cup) caster sugar
- 140 g (1 cup) cornflour\*
- 1 tbsp gluten free all purpose flour\*
- 2 tsp baking powder

### Toppings

- 4 tbsp strawberry jam\*
- 250 g (1 cup) pure regular fat cream
- 1/2 tsp vanilla essence
- 250 g fresh strawberries (to serve)
- Sprinkle with icing sugar (to dust)\*

## Method

1. Preheat the oven to 180°C (355°F) bake function. Grease two 22cm (8.6 inch) cake tins. Separate the egg whites and egg yolks. Whisk the egg yolks.
2. In a cake mixer or using an egg beater, start whisking the egg whites on low and add the boiling water. Then beat on high until they form stiff peaks (when you lift out the beaters the egg white peak should stick straight up and not be droopy). Next add the sugar a tablespoon at a time, until dissolved (the mixture should be thick and glossy). Then slowly mix through the egg yolks.
3. Measure out the flour, cornflour and baking powder. Sieve the flour mixture into a large bowl. Then sieve the flour two more times (you might think this sounds like overkill... but this is how you get a fluffy sponge).
4. Finally, sieve the flour into the egg mixture and fold through.
5. Divide the mixture into two cake tins.
6. Place immediately into the oven and bake for 15 to 20 minutes. Check the sponge after 12 minutes and remove once they are a light golden brown and a skewer comes out clean (cook time will depend on your oven).
7. Allow to cool. Then whip the cream and vanilla essence. Warm the jam in the microwave for 20 seconds until it's easier to spread.



8. Spread the jam over the top of one of the sponges and top with whipped cream. Add the other sponge on top. Dust with icing sugar and serve with fresh strawberries.

### Troubleshooting Tips

Make sure your baking powder hasn't expired.

Sieve the flour three times. This helps you get a fluffy sponge.

Cook the sponge mixture immediately. The longer it sits on the bench before cooking the flatter it will be.

Check your oven temperature. If the sponge cooks too fast it might sink when it gets removed from the oven.



Recipe created by Alana Scott, reviewed by dietitian Geraldine van Oord  
<https://alittlebitummy.com/recipe/en-nz/low-fodmap-lemon-coconut-cupcakes-5/>