

Sugar-free lemon poppy seed cupcakes



**Bake to
beat
dementia**

How your Cupcake Day can help

Make an impact

While having a deliciously good day, you are helping to make the voices of people with dementia heard. With your help, we will fight for support from Government and local communities.

Sugar-free lemon poppy seed cupcakes

Makes 10

240g self-raising flour
30g poppy seeds
Grated rind of 2 lemons
165g unsalted butter
2 ½ tbsp honey

100g Greek yoghurt
2 eggs
75g cream cheese
2 tbsp maple syrup
Zest of 1 lemon

- Preheat the oven to 180°C, 160°C fan or Gas Mark 4. Line a 12-hole muffin tin with 10 paper cases.
- Sift the flour into a bowl and stir in 20g of the poppy seeds and the grated lemon rind.
- Melt together the butter and honey then leave to cool for a few minutes.
- Whisk together the yogurt and eggs, then add the butter and honey mixture. Pour the wet ingredients into the dry and mix well.
- Divide between the 10 paper cases and bake for 20-15 minutes, until risen and lightly golden. Remove from the tin and allow to cool on a rack.
- To decorate, mix the remaining poppy seeds with the cream cheese and place a dollop on top of each cupcake. Drizzle with maple syrup and sprinkle over the lemon zest.

For more recipe ideas head to cupcakeday.org.uk/downloads



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Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland.



**Cupcake
Day**