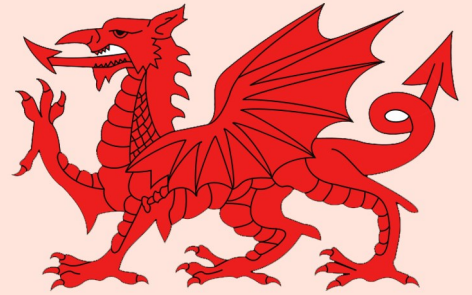


# ST.DAVID'S DAY TREATS



A DELICIOUS **DIABETES.CO.UK** COOKBOOK

THE ULTIMATE GUIDE TO MAKING DIABETIC FRIENDLY WELSH CAKES



# Welsh Cakes

Welsh Cakes are also known as Picau ar y maen, Griddle Cakes, Welsh Tea Cakes and Welsh Miner Cakes.

It is St David's Day and whether you are Welsh or not, we thought you would enjoy making these Diabetic-friendly Welsh cakes to celebrate!

Welsh Cakes as the name suggests originate from Wales.

The cakes are the size of a chunky cookie, contain similar ingredients to a scone but are also a little bit like a teacake or a thick pancake; however, they aren't really like any of these when it comes to taste and texture.

Welsh Cakes are an example of a unique and traditional food that reflects the resourceful, wholesome, and practical nature of the Welsh people as they are made from simple items like flour, sugar, milk and butter that most people will have as staples in their cupboard.

We have taken a traditional Welsh cake recipe and tweaked it so that it is low-carb but still delicious.

Welsh cakes are perfect for an afternoon tea on St David's day with a lovely cup of tea.

We have included a few options for the recipe depending on your dietary needs.

Hope you enjoy them and Happy St David's Day!

Charlotte x

Don't forget to share a picture of your pancakes on our [Facebook page](#) and on the [Diabetes Forum](#)!



## Lower-carb and Gluten-free Welsh Cakes

### Make s 12

- 130g almond flour
- 70g butter (room temperature)
- 6 drops Stevia liquid concentrate
- 30g currants or sultanas
- ¼ tsp. all spice
- 1 medium egg
- Pinch of salt
- 3 tbsp. of semi-skimmed milk

We have used almond flour in our Welsh cakes recipe as it is lower in carbohydrate levels than wheat flour; it also has a GI of 1 compared to wheat flour which can be over 70 so the carbohydrates in the flour don't cause a sudden surge in blood sugar levels. It is also gluten free and therefore suitable for people with coeliac disease.

### Preparation Method

Sift the almond meal into a large bowl and add in the pinch of salt. Cube the butter and add it to the bowl. Use your fingertips to rub the butter into the flour until the mixture resembles coarse bread crumbs. Add the sultanas and currants.

In a separate small jug, whisk the egg and add the milk and drops of liquid stevia (or your chosen sweetener).

Pour the egg, milk and sweetener mixture on top of the flour mix, using a palette knife combine to make soft dough. If the mixture is sticky, you may need to add some more flour.



## Preparation Method (Cont)

Once the dough is prepared, turn it out onto a lightly floured surface and roll it out so that it is approximately 1.5cm thick.

Using the cutter, cut out circles from the dough to form the cakes, re-roll the trimmings and continue to cut, until all the dough is used.

Heat the griddle over a low-medium heat.

Placing between 2 and 4 cakes in the pan depending on the size, you will need to leave enough room to turn them over.

They should need cooking for approximately 2 minutes on each side until they are a lovely golden brown colour.

Use one cake as a test to check that it is cooked through but don't leave them for too long as they may become dry in the middle.

Traditionally, Welsh cakes are sprinkled with a bit of caster sugar just for that extra sweetness but this isn't necessary as the currants already make them quite sweet.

Enjoy them when they are still warm.

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Nutritional value per (yummy) cake

Calories: 111 · Total fat: 9.9g · Saturated fat: 3.5g · Carbohydrate: 4.2g · Protein: 2.7g · Fibre: 1g



## Fancy Welsh cake ideas...

We've got something for everyone!

### What about if I can't eat eggs?

If you can't eat eggs, you can use flaxseeds as a substitute that when combined with water forms a gelatinous consistency and does the same job as eggs at binding all the ingredients together.

1 tbsp. of ground flax seeds and 3 tbsp. of water is equivalent to 1 egg  
You can buy ground flax seeds from any health food shop, or if you can only get hold of the seeds just leave them to soak for a few hours.

### Welsh cakes with a twist

The base of the Welsh cakes is quite straight forward so you can use your culinary flair to mix it up a bit.

When we made them we added a pinch of cinnamon and some fresh nutmeg which was delicious – don't forget to let us know how you get on!

For a bit of a Welsh Cakes twist, rather than using currants or sultanas you could try using dried blueberries, or even dried apple which tastes great and actually reduced the carb content slightly too!

If you are using dried fruit that comes in larger sized pieces, it might be worth soaking them in warm water for about 10 minutes before you add them to the mixture. The Welsh cakes cook fairly quickly; soaking the fruit beforehand will ensure you won't get hard lumpy bits of fruit covered in dry flour.