

Count Me In cupcakes

The Count Me In cupcake is a healthy take on a favourite treat, our aim is to provide a recipe that tastes fantastic while being gluten free, dairy free and refined sugar free (You could almost say healthy 😊).

Cupcake Ingredients

1 Cup Plain flour
½ Cup Almond meal (flour)
1 Teaspoon Baking powder
¼ Teaspoon Salt
½ Teaspoon Cinnamon
2 eggs
¼ Cup Coconut oil (melted)
¼ Cup Honey
1 Teaspoon Vanilla extract
2 Tablespoons Almond milk

Frosting Ingredients

Vanilla

1 Can Coconut cream/milk
(chilled overnight)
½ Teaspoon vanilla extract
2 Tablespoons Honey

Chocolate

½ Cup Peanut butter
1/3 Cup Cocoa powder
3 Tablespoons Honey
5 Tablespoons Almond milk

- To begin with preheat the oven to 180C fan bake.
- Prepare and line a muffin tin with 10 cupcake cases.
- Sieve together the flour & almond meal into a large bowl then add the baking powder, salt and cinnamon. Mix lightly and set aside.
- Into a separate bowl crack the two eggs and whisk in honey, coconut oil, vanilla and almond milk. Whisk until well combined.
- Make a well in the center of the dry ingredients and pour in the wet mixture. Fold the wet into the dry using a spoon or spatula, being sure to scrape down the sides as you go.
- Spoon the mixture evenly into the prepared 10 cupcake cases till its 2/3s full and gently smooth over the top to insure an even bake.
- Place into the oven for 15-20 min if making mini cupcakes 10-12 min
- Test your cupcakes by inserting a toothpick and check that it comes out clean, once cooked leave to cool on a cake rack.

Frosting

- For the chocolate frosting, combine all ingredients into a large bowl and using an electric mixer set on low, mix for 2 mins until really well combined and smooth.
- For the Vanilla frosting your coconut milk must be chilled in the fridge overnight to ensure the contents separate. Turn the can upside down and open the can then drain out the liquid setting aside the cream.
- Using an electric mixer set on medium mix the coconut cream, honey and vanilla for 5 minutes until it forms soft peaks. Place into the fridge to firm up for 5 minutes before icing cooled cupcakes