



ALMOND FLOUR CUPCAKES WITH CHOCOLATE FROSTING

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 25 mins

Cook time: 15 mins

Serves: 12



INGREDIENTS

- ***Cupcakes***
- 2 ½ cups almond flour
- 2 eggs, lightly beaten
- ½ cup honey
- 1 tsp baking soda
- 1 tsp vanilla essence
- ***Chocolate frosting***
- 2 medium avocados, pitted
- 2 tbsp honey
- 1 cup cacao powder
- ¼ cup coconut OR almond milk

METHOD

- Preset oven to 180°C (350°F).
- In mixer, combine all cupcake ingredients and mix well.
- Pour mixture into silicone patty pans and half fill each one.
- Bake for 15 minutes, until inserted skewer comes out clean.
- Cool.
- ***Frosting***
- Beat all frosting ingredients in mixer until smooth. Refrigerate.
- Once cupcakes have cooled, spread cooled frosting on top.
- Decorate with shredded coconut.