

VALENTINE'S DAY CUPCAKES

DIY NATURAL FROSTING DYES  ...AND MORE!

PLEASE NOTE THAT ALL FOODS PREPARED MAY CONTAIN ALLERGENS

Chickpea Chocolate Cupcakes:

Makes 16-18 regular sized cupcakes, 30-36 mini cupcakes

1 1/4 cups chickpea flour
1/2 cup cocoa powder
3/4 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
1/2 cup unsalted butter, softened
1 cup granulated sugar
2 large eggs; at room temperature
1 tsp pure vanilla extract
1 cup milk, at room temperature

Preheat the oven to 350F degrees. Line cupcake pan with cupcake liners and spray with canola oil if needed. Set aside.

In a large bowl, whisk together chickpea flour, cocoa powder, baking powder, baking soda, and salt. Set aside.

In a bowl of a stand mixer or hand mixer, cream together the butter and sugar until smooth. Add eggs one at a time, and then add the vanilla.

Slowly add the dry ingredients to wet ingredients, alternating between the dry ingredients and milk. Mix until just combined.

Scoop batter into cupcake liners, about 2/3 full. Bake for 15-25 minutes. Insert a toothpick into the center of the cupcake, if it comes out clean it is done. Remove cupcakes from oven. Allow cupcakes to cool completely before frosting.

Simple Vanilla Cupcakes:

Makes 18-20 regular sized cupcakes, 36-40 mini cupcakes

2 1/2 cups flour
2 tsp baking powder
1/4 tsp salt
1/2 cup butter, at room temperature
1 1/2 cups sugar
2 large eggs, at room temperature
2 tsp vanilla
1 1/4 cups milk, at room temperature

Preheat oven to 350F. Line two muffin tins with cupcake liners. Set aside.

In a medium sized bowl whisk together the flour, baking powder and salt.

In the bowl of a stand mixer or hand mixer, cream together the butter and sugar until smooth. Add eggs one at a time, and then add the vanilla.

Slowly add the dry ingredients to wet ingredients, alternating between the dry ingredients and milk. Mix until just combined.

Scoop batter into cupcake liners, about 2/3 full. Bake for 15-25 minutes. Insert a toothpick into the center of the cupcake, if it comes out clean it is done. Remove cupcakes from oven. Allow cupcakes to cool completely before frosting.

Natural Frosting Dyes - Ideas and Tips:

Powders - turmeric, matcha powder, espresso powder
With powders, a little goes a long way!

Fresh or frozen fruit/veg - frozen blueberries
Let frozen fruit thaw out before mixing.

Jams - raspberry jam
Jams with a somewhat smooth texture works best.

Juices - mango-orange juice
Get creative with juices - use unique flavours!

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