



Chocolate Peanut Butter Mousse–Filled Cupcakes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 0.5 cup agave nectar light
- ☐ 2 tablespoons apple cider vinegar raw
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup canola oil
- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 cup silken tofu firm

- ☐ 12 ounces silken tofu light firm
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup soymilk
- ☐ 0.7 cup cocoa powder unsweetened sifted
- ☐ 1 tablespoon vanilla extract
- ☐ 2.8 cups pastry flour whole wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ microwave
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 325°F. Line 2 cupcake pans with 18 paper liners and fill the empty cups half full of water to prevent scorching.
- ☐ To make the cupcakes, mix the flour, baking powder, baking soda, salt, and cocoa powder together in a large bowl. In a food processor, blend the canola oil, agave nectar, soy milk, tofu, vanilla extract, and vinegar, scraping down the bowl often. Blend until very smooth, with no chunks of tofu visible, about 2 to 3 minutes.
- ☐ Combine the wet ingredients with the dry ingredients. Stir well and spoon into the prepared cupcake pan, leaving some room at the top of each cup.
- ☐ Bake for 20 minutes, or until a toothpick inserted into the center of a cupcake comes out clean.

- ☐ Remove the cupcakes from the pan and place on a cooling rack. Cool completely before filling and frosting.
- ☐ To prepare the filling, blend the tofu in a food processor until very smooth and creamy, approximately 1 to 2 minutes.
- ☐ Add the agave nectar and blend again.
- ☐ Add the peanut butter, vanilla extract, and salt and blend thoroughly until very light and smooth. Refrigerate for 1 to 2 hours to firm before filling the cupcakes.
- ☐ To assemble the cupcakes, you will need a pastry bag fitted with a large, plain smooth tip. Fill the pastry bag with peanut butter mousse and insert the tip halfway into the top of a cupcake. Squeeze filling inside each cupcake just until it starts to expand.
- ☐ Next frost the tops. If the frosting is too firm, heat in the microwave for a few seconds to soften it up.
- ☐ Spread the ganache evenly over the tops of the cupcakes.
- ☐ Let the cupcakes sit in the refrigerator until ready to serve.
- ☐ Garnish with peanuts if desired.
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Nutrition Facts



PROTEIN 14.17% **FAT 42.22%** **CARBS 43.61%**

Properties

Glycemic Index:10.8, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:10.670869495558%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 207.57kcal (10.38%), Fat: 10.44g (16.06%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 20.34g (7.4%), Sugar: 6.55g (7.28%), Cholesterol: 0mg (0%), Sodium: 280.5mg (12.2%), Alcohol: 0.25g (100%), Alcohol %: 0.35% (100%), Caffeine: 7.33mg (2.44%), Protein: 7.89g (15.77%), Manganese: 1.08mg (54.21%), Selenium: 12.78µg (18.26%), Magnesium: 72.91mg (18.23%), Vitamin B3: 3.44mg (17.19%), Copper: 0.33mg (16.31%), Phosphorus: 158.32mg (15.83%), Fiber: 3.92g (15.68%), Vitamin E: 2.05mg (13.65%), Vitamin B1: 0.16mg (10.36%), Vitamin B6: 0.19mg (9.49%), Iron: 1.66mg (9.21%), Zinc: 1.22mg (8.16%), Potassium: 262.73mg (7.51%), Folate: 27.44µg (6.86%), Vitamin B2: 0.11mg (6.61%), Calcium: 56.94mg (5.69%), Vitamin B5: 0.27mg (2.71%), Vitamin K: 2.73µg (2.6%), Vitamin C: 1.98mg (2.4%), Vitamin B12: 0.14µg (2.36%), Vitamin A: 53.18IU (1.06%), Vitamin D: 0.16µg (1.05%)