



## Chocolate Strawberry Shortcake

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



40

CALORIES



140 kcal

DESSERT

### Ingredients

- 2 tablespoons apple cider vinegar
- 1 teaspoon baking soda
- 1 cup coconut milk
- 0.5 cup refined coconut oil organic room temperature (recommended: Earth Balance Soy-Free Non-Hydrogenated Buttery Spread)
- 40 servings confectioners sugar for garnish, optional
- 4 cups confectioners' sugar organic
- 1.5 cups flour all-purpose
- 1 teaspoon espresso powder instant

- 0.5 teaspoon salt
- 1.5 cups strawberries fresh hulled sliced
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 tablespoon vanilla extract
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup water

## Equipment

- bowl
- oven
- whisk
- toothpicks
- stand mixer
- muffin liners

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Line 40 cups from 2 (24-cup) mini cupcake pans or 16 cups from 2 regular-size (12-cup) muffin pans with paper cupcake liners.
- Sift or whisk together the flour, sugar, cocoa, baking soda, and salt into a bowl. In a separate bowl, mix the coconut milk, oil, vinegar, vanilla, and espresso powder until smooth.
- Pour the wet mixture into the dry mixture and mix with a fork or small whisk. Divide the batter evenly among the prepared cupcake liners. The cups should be filled about 2/3-full, and bake until a toothpick inserted in the center comes out clean, about 20 to 22 minutes for the mini cupcakes and about 25 minutes for the regular-size cupcakes. Cool the cupcakes in the pans for 5 minutes and then transfer to a rack to cool completely.
- Slice off the top 1/3 of each cupcake and slather with frosting and sliced strawberries.

- Place the top of the cupcake back on top and add an additional bit of frosting and sliced strawberries. Dust with confectioners sugar, if using.
- Combine the confectioners' sugar, margarine, and vanilla extract in the bowl of a stand mixer. Beat on medium-high speed until combined. With the mixer running, add 1 tablespoon of water at a time, until the desired buttercream consistency,;

## Nutrition Facts

**PROTEIN 2.17%** **FAT 15.45%** **CARBS 82.38%**

### Properties

Glycemic Index:8.6, Glycemic Load:6.36, Inflammation Score:-1, Nutrition Score:1.6517391325501%

### Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.34mg, Pelargonidin: 1.34mg, Pelargonidin: 1.34mg, Pelargonidin: 1.34mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

### Nutrients (% of daily need)

Calories: 139.72kcal (6.99%), Fat: 2.47g (3.8%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 29.1g (10.58%), Sugar: 24.91g (27.68%), Cholesterol: 0mg (0%), Sodium: 58.08mg (2.53%), Alcohol: 0.18g (100%), Alcohol %: 0.46% (100%), Protein: 0.78g (1.56%), Manganese: 0.13mg (6.41%), Vitamin C: 3.23mg (3.92%), Iron: 0.54mg (3.02%), Folate: 10.89µg (2.72%), Selenium: 1.87µg (2.67%), Vitamin B1: 0.04mg (2.66%), Copper: 0.05mg (2.58%), Magnesium: 8.11mg (2.03%), Fiber: 0.5g (2%), Vitamin B2: 0.03mg (1.84%), Vitamin B3: 0.36mg (1.79%), Phosphorus: 17.21mg (1.72%), Potassium: 39.32mg (1.12%), Vitamin K: 1.16µg (1.1%)