



Lavender Honey Cupcakes

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 0.3 teaspoon lavender oil organic
- ☐ 2 tablespoons edible lavender flowers fresh whole french
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup honey organic
- ☐ 2 cups honey organic or 1 cup baker's sugar plus 1 cup honey

- ☐ 8 ounces mascarpone cheese
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sanding sugar
- ☐ 0.5 tablespoon 1/2 tablespoon tangerine zest
- ☐ 0.5 teaspoon 1/2 teaspoon tangerine zest
- ☐ 1 teaspoon tangerine juice
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

Equipment

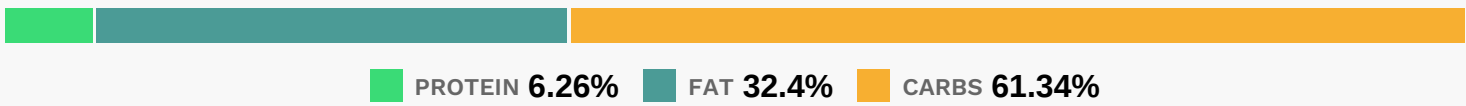
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ muffin liners
- ☐ pastry bag

Directions

- ☐ For the cupcakes: Preheat the oven to 325 degrees F. Line 2 cupcake or muffin pans with 18 cupcake liners.
- ☐ Sift the flour, baking soda and salt into a medium bowl. Cream the honey, buttermilk and vegetable oil until they are immersed together, about 5 minutes, in the bowl of a stand up electric mixer with a paddle attachment. Scrape down the sides of the bowl.
- ☐ Add each egg one at a time, scraping down the sides after each addition. Turn the mixer on low speed and add the flour mixture about 3/4 cup at a time. Slowly add the lavender flowers and lavender oil to create a smooth batter.
- ☐ Fill the cupcake liners three-quarters full with the batter and bake until golden brown and baked through, about 30 minutes. Cool the cupcakes completely.
- ☐ For the tangerine vanilla mascarpone cream: Blend the mascarpone, honey and vanilla by hand, until the cream is smooth and incorporated.

- ☐ Add the juice and zest.
- ☐ Mix for 15 seconds.
- ☐ Put the cream into a 24-inch pastry bag with half of the tip cut off.
- ☐ Mix together the sanding sugar and tangerine zest.
- ☐ Pipe the tangerine vanilla mascarpone cream on top of each cooled cupcake.
- ☐ Sprinkle the top with the sanding sugar mixture.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:13.9, Inflammation Score:-1, Nutrition Score:2.1234782493633%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 132.58kcal (6.63%), Fat: 4.81g (7.41%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 20.26g (7.37%), Sugar: 13.74g (15.27%), Cholesterol: 22.53mg (7.51%), Sodium: 79.51mg (3.46%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 2.09g (4.19%), Selenium: 4.56µg (6.52%), Vitamin B1: 0.07mg (4.89%), Folate: 18.72µg (4.68%), Vitamin B2: 0.08mg (4.54%), Manganese: 0.06mg (3.16%), Iron: 0.5mg (2.78%), Vitamin A: 138.09IU (2.76%), Vitamin B3: 0.53mg (2.65%), Phosphorus: 23.83mg (2.38%), Vitamin K: 2.31µg (2.2%), Calcium: 20.79mg (2.08%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.07µg (1.13%), Vitamin D: 0.17µg (1.13%), Vitamin E: 0.16mg (1.05%)