



Lemon Pudding Filled Coconut Cupcakes with Shaved Coconut Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 3 tablespoons vanilla extract
- ☐ 0.3 cup cashew pieces
- ☐ 0.5 cup coconut or shredded
- ☐ 0.5 cup coconut or shredded shaved
- ☐ 0.3 cup juice of lemon (from 1 to 2 lemons)
- ☐ 0.8 cup medjool dates packed pitted


- ☐ 2.5 cups pecans dry
- ☐ 0.1 teaspoon sea salt

Equipment

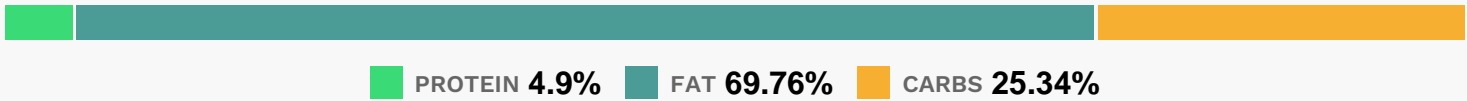
- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ To make the pudding, place the cashews in the Personal Blender with the grinder lid and 2-cup container or a food processor and grind into a powder.
- ☐ Add the bananas, lemon juice, and agave syrup and process until smooth.
- ☐ Place in the fridge to chill.
- ☐ To make the cupcakes, combine the pecans, coconut, and salt in the food processor and process into evenly sized small pieces, taking care not to overprocess into a butter. Scoop the mixture into another bowl.
- ☐ Combine the dates and vanilla in the food processor and process into small pieces. Return the pecan mixture to the food processor and pulse to mix. The cake mix should have a crumbly but sticky texture.
- ☐ Place 6 cupcake liners in a muffin pan. Use a 1/2-cup measuring cup to scoop 1/2 cup loosely packed pecan mixture into each. Using your fingertips, gently press to firm up the cupcakes and create cavities in the centers to hold the pudding. Make sure the edges reach the tops of the cupcake liners.
- ☐ To assemble, scoop about 3 tablespoons pudding into each cupcake and top with coconut.
- ☐ Place the muffin pan in the refrigerator to chill for several hours to firm up the cupcakes before serving.
- ☐ The pudding will keep for a few days in fridge when stored separately. The cupcakes, stored separately, will keep for several weeks in the fridge. The assembled cupcakes will keep in the fridge for a few days.

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Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:14.334347807843%

Flavonoids

Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg Delphinidin: 3mg, Delphinidin: 3mg, Delphinidin: 3mg, Delphinidin: 3mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg, Epigallocatechin: 2.32mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 465.42kcal (23.27%), Fat: 37.4g (57.53%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 23.9g (8.69%), Sugar: 20.94g (23.27%), Cholesterol: 0mg (0%), Sodium: 53.12mg (2.31%), Alcohol: 2.24g (100%), Alcohol %: 2.73% (100%), Protein: 5.91g (11.82%), Manganese: 2.25mg (112.29%), Copper: 0.78mg (39.19%), Fiber: 6.67g (26.69%), Vitamin B1: 0.33mg (22.15%), Magnesium: 86.49mg (21.62%), Phosphorus: 184.49mg (18.45%), Zinc: 2.52mg (16.82%), Potassium: 412.16mg (11.78%), Iron: 2.03mg (11.3%), Vitamin B6: 0.19mg (9.61%), Vitamin C: 6.05mg (7.34%), Selenium: 4.47µg (6.39%), Vitamin B5: 0.62mg (6.21%), Vitamin K: 5.99µg (5.7%), Vitamin B2: 0.09mg (5.34%), Folate: 21.22µg (5.31%), Vitamin B3: 1.01mg (5.06%), Vitamin E: 0.76mg (5.05%), Calcium: 46.58mg (4.66%), Vitamin A: 51.09IU (1.02%)