



Maple Vegan Cupcakes with Maple Dairy-Free Buttercream



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 0.5 Teaspoon apple cider vinegar
- ☐ 1 Teaspoon double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 1 Teaspoon ground chia seeds finely (see instructions)
- ☐ 0.5 cup coconut milk beverage plain
- ☐ 0.7 cup refined coconut oil unflavored organic soft at room temperature (ie,) (see note)
- ☐ 1 Tablespoon ground flaxseeds finely

- ☐ 0.7 cup maple syrup pure (preferably grade B)
- ☐ 0.3 cup rice milk powder
- ☐ 1 pinch sea salt fine
- ☐ 1.3 cups spelt flour [can sub flour if you can't find light/white spelt flour] light all-purpose
- ☐ 0.3 cup sunflower
- ☐ 1 Teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F (180°C). Line 10 muffin cups (for large cupcakes) or 12 muffin cups (for small cupcakes) with paper liners, or spray with nonstick spray. In a medium bowl, whisk together the milk, vinegar, flax seeds, maple syrup, oil and vanilla until well combined. Set aside while you measure the dry ingredients, or at least 2 minutes. In a large bowl, sift together the flour, baking powder, baking soda and salt.
- ☐ Pour the wet ingredients over the dry and whisk just until combined (do not overmix). Using a large ice cream scoop or 1/3 cup (80 ml) measuring cup, scoop the batter into the prepared muffin cups.
- ☐ Bake in preheated oven for 20–25 minutes, until a tester inserted in one of the center cupcakes comes out clean. Cool completely before frosting. Cupcakes may be frozen. In a deep bowl with electric beaters, beat the coconut oil, maple syrup, vanilla and sea salt until combined. Slowly sift in the soymilk powder and blend on low speed to incorporate. Then blend on high speed until the mixture becomes lighter—both in color and texture—and fluffy. If it seems too soft to hold a peak, add the chia and beat to incorporate; let stand 2–5 minutes, then beat again before using.

Nutrition Facts



 **PROTEIN 5.72%**  **FAT 46.51%**  **CARBS 47.77%**

Properties

Glycemic Index:22.29, Glycemic Load:5.12, Inflammation Score:-1, Nutrition Score:5.8599999845028%

Nutrients (% of daily need)

Calories: 201.76kcal (10.09%), Fat: 10.38g (15.97%), Saturated Fat: 3.38g (21.16%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 21.9g (7.96%), Sugar: 12.42g (13.8%), Cholesterol: 3.45mg (1.15%), Sodium: 99.68mg (4.33%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 2.87g (5.75%), Vitamin D: 5.29µg (35.27%), Manganese: 0.44mg (21.89%), Vitamin E: 2.51mg (16.76%), Vitamin B2: 0.27mg (15.98%), Fiber: 2.09g (8.37%), Calcium: 79.27mg (7.93%), Iron: 0.77mg (4.3%), Phosphorus: 41.54mg (4.15%), Vitamin B12: 0.24µg (3.97%), Magnesium: 11.96mg (2.99%), Potassium: 94.37mg (2.7%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.31mg (2.07%), Selenium: 0.91µg (1.3%)