



Vegan Banana Split Cupcakes

 Popular

READY IN



40 min.

SERVINGS



12

CALORIES



426 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large banana sliced
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon caramel extract
- ☐ 0.3 cup so delicious dairy free vanilla coconut creamer french
- ☐ 2 tablespoons cornstarch

- ☐ 0.5 cup non-hydrogenated dairy-free margarine
- ☐ 0.5 cup non-hydrogenated dairy-free shortening
- ☐ 1 cup so delicious dairy free vanilla almond plus almondmilk
- ☐ 0.5 cup chocolate chips dark melted
- ☐ 1.3 cups flour all-purpose
- ☐ 12 maraschino cherries
- ☐ 3.5 cups powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 to) chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup
- ☐ muffin tray
- ☐ pastry bag

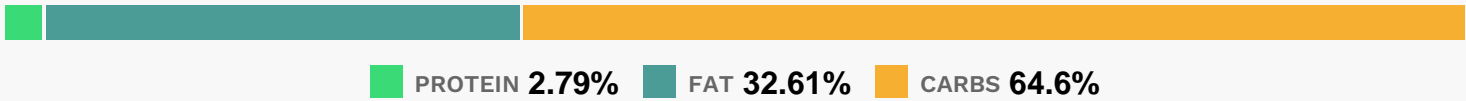
Directions

- ☐ Preheat oven to 350F. Line 12 muffin tins with cupcake liners.
- ☐ Whisk the almond milk and vinegar in a measuring cup and set aside for a few minutes to get good and curdled. Beat together the almond milk mixture, sugar, oil, vanilla, and other extract,

in a large bowl. Sift in the flour, cornstarch, baking powder, baking soda, and salt, and mix until no large lumps remain.Fill the cupcake liners two-thirds of the way and bake for 20 to 22 minutes, or until a toothpick inserted into one of the cupcakes comes out clean.

- ☐ Transfer to a cooling rack and let cool completely before frosting.Beat the shortening and margarine together until well combined and fluffy.
- ☐ Add the sugar and beat for about 3 more minutes.
- ☐ Add the vanilla and the creamer and beat for another 5 to 7 minutes until fluffy. I then added India Tree Natural Decorating Colors to give my cupcakes some color, but you dont have to do this.To frost your cupcakes, use a pastry bag or spatula.
- ☐ Drizzle the frosting with melted chocolate, sprinkle on the chopped nuts, top with sliced bananas, and finish each cupcake with a cherry on top!

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:17.59, Inflammation Score:-4, Nutrition Score:6.6504347739012%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 426.3kcal (21.31%), Fat: 15.5g (23.85%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 69.1g (23.03%), Net Carbohydrates: 67.88g (24.68%), Sugar: 53.91g (59.9%), Cholesterol: 0.08mg (0.03%), Sodium: 254.5mg (11.07%), Alcohol: 0.4g (100%), Alcohol %: 0.37% (100%), Protein: 2.99g (5.97%), Vitamin E: 3.79mg (25.29%), Vitamin K: 10.41µg (9.92%), Vitamin A: 485.86IU (9.72%), Vitamin B3: 1.9mg (9.5%), Folate: 37.15µg (9.29%), Vitamin B2: 0.16mg (9.12%), Vitamin B1: 0.13mg (8.79%), Calcium: 84.84mg (8.48%), Selenium: 5.93µg (8.48%), Manganese: 0.14mg (6.93%), Vitamin B6: 0.13mg (6.33%), Vitamin B12: 0.34µg (5.67%), Iron: 0.96mg (5.34%), Fiber: 1.22g (4.9%), Copper: 0.09mg (4.52%), Potassium: 150.76mg (4.31%), Vitamin C: 3.15mg (3.82%), Phosphorus: 32.55mg (3.25%), Zinc: 0.47mg (3.1%), Vitamin D: 0.35µg (2.36%), Magnesium: 9.18mg (2.29%), Vitamin B5: 0.16mg (1.55%)