



Vegan Blueberry Cupcakes

 Dairy Free

READY IN



37 min.

SERVINGS



12

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 12 servings food coloring blue
- ☐ 3 tablespoons coconut oil melted
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.5 container so delicious dairy free cultured coconut milk (blueberry flavor)
- ☐ 0.5 cup so delicious dairy free almond plus almondmilk
- ☐ 1.3 cups flour

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla extract pure

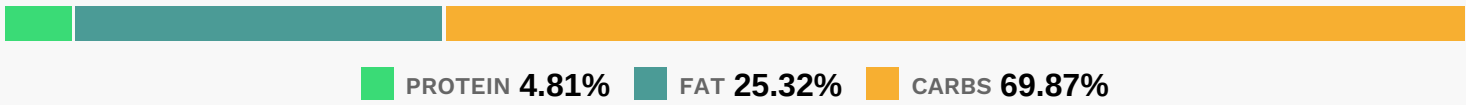
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F.Line cupcake pan with 12 liners, or spray cupcake pan with Pam.
- ☐ Mix all of the dry ingredients together in a small bowl.In a separate bowl mix together all the wet ingredients.
- ☐ Combine all ingredients together and try to not over mix.
- ☐ Pour mixture into cupcake pan and bake 22 minutes.Top off with frosting – optional to use blue food coloring.

Nutrition Facts



Properties

Glycemic Index:27.16, Glycemic Load:16.09, Inflammation Score:-1, Nutrition Score:2.5404347931237%

Nutrients (% of daily need)

Calories: 134.5kcal (6.73%), Fat: 3.83g (5.9%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 23.4g (8.51%), Sugar: 12.82g (14.25%), Cholesterol: 0mg (0%), Sodium: 126.01mg (5.48%), Alcohol: 0.17g (100%), Alcohol %: 0.52% (100%), Protein: 1.64g (3.28%), Vitamin B1: 0.11mg (7.23%), Selenium: 4.75µg (6.78%), Folate: 26.99µg (6.75%), Vitamin B3: 1.1mg (5.48%), Vitamin B2: 0.09mg (5.11%), Manganese: 0.09mg (4.56%), Iron: 0.69mg (3.85%), Calcium: 30.73mg (3.07%), Phosphorus: 19.7mg (1.97%), Vitamin B12: 0.11µg (1.78%), Vitamin E: 0.26mg (1.74%), Copper: 0.03mg (1.63%), Fiber: 0.4g (1.6%), Vitamin B6: 0.03mg (1.44%)