



Vegan Cupcakes with Faux Buttercream and a Competition



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp bicarbonate of soda
- ☐ 125 ml clark's maple syrup
- ☐ 225 g flour plain
- ☐ 1 pinch salt
- ☐ 125 ml soy milk
- ☐ 85 ml unrefined sunflower oil

- ☐ 2 tsp vanilla extract
- ☐ 0.5 tsp citrus champagne vinegar

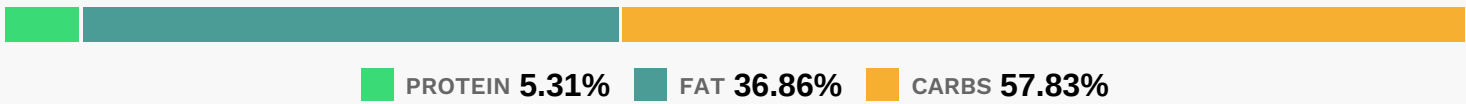
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 180c/160c fan/350f/gas mark 4.
- ☐ Line a cupcake or muffin tray with 12 cases.
- ☐ Mix all the wet ingredients and set aside for a few minutes.
- ☐ Sieve the dry ingredients together in another bowl, then pour in the wet ingredients and mix together until just combined.
- ☐ Dollop spoonfuls of the mixture into the cases, then bake for 20–25 minutes until golden.
- ☐ Move to a cooling rack and once cool, decorate with faux buttercream, sprinkles and sweeties.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:19.74, Glycemic Load:14.04, Inflammation Score:-2, Nutrition Score:5.5486956834793%

Nutrients (% of daily need)

Calories: 171.16kcal (8.56%), Fat: 6.92g (10.64%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 23.87g (8.68%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 155.67mg (6.77%), Alcohol: 0.24g (100%), Alcohol %: 0.59% (100%), Protein: 2.24g (4.49%), Manganese: 0.46mg (22.79%), Vitamin E: 2.95mg

(19.7%), Vitamin B2: 0.29mg (17.3%), Vitamin B1: 0.16mg (10.87%), Selenium: 6.6µg (9.42%), Folate: 37.64µg (9.41%), Vitamin B3: 1.46mg (7.32%), Calcium: 55.43mg (5.54%), Iron: 0.98mg (5.45%), Phosphorus: 28.71mg (2.87%), Fiber: 0.55g (2.19%), Copper: 0.04mg (2.02%), Potassium: 67.81mg (1.94%), Vitamin B12: 0.11µg (1.87%), Magnesium: 7.3mg (1.82%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.63%)