



Healthy Chocolate Cupcakes

Healthy Cupcakes at last, far lower GI and more nutritious than regular cupcakes!

Serves : 12

Ready In : 45 minutes or less

Ingredients

- 1/2 tsp gluten-free baking powder
- 25g cocoa powder
- 100g ground almonds
- 50g olive oil or cold pressed rapeseed oil
- 100g
- 3 medium free range eggs

For the icing (optional)

- 125g low fat cream cheese
- 1 tbsp cocoa powder
- 1 tbsp
- Fresh fruit to decorate such as raspberries or strawberries

Instructions

- Preheat the oven to 170°C/325°F/Gas mark 3. Place 12 medium sized paper cases into a bun tin.
- Sift the baking powder and cocoa into a large bowl.
- Add the almonds and mix well.
- In another bowl, whisk together the oil, Sweet Freedom and eggs.
- Pour the wet ingredients into the dry and stir together until completely combined.
- Spoon the mixture into the paper cases, about halfway up each one.
- Bake for 20 minutes. Remove from the oven and place on a cooling rack and leave to cool.
- In a small bowl, beat together the icing ingredients then spoon a little onto each cake.
- Decorate with fresh fruit.

Recipe and photograph courtesy of Joy Skipper, Masterchef semi finalist and food stylist.