



GOOEY PEANUT BUTTER CUPCAKES

SERVES: 12 (1 cupcake each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 3

FOR CUPCAKES:

- ¼ cup extra-virgin organic coconut oil
- ½ cup all-natural peanut butter
- ¾ cup pure maple syrup (preferably grade B)
- ¾ cup unsweetened almond milk
- 2 tsp. ground flaxseed
- 1 tsp. pure vanilla extract
- 1½ cups gluten-free all-purpose flour, sifted
- ½ cup almond flour, sifted
- 2 tsp. baking powder, gluten-free
- 1 tsp. sea salt (or Himalayan salt)
- ¼ cup bittersweet chocolate chips

FOR FROSTING:

- ½ cup all-natural peanut butter
- 2 Tbsp. unsweetened almond milk
- 1 pinch sea salt (or Himalayan salt)
- ¼ cup pure maple syrup (preferably grade B)
- 1 tsp. pure vanilla extract

FOR CHOCOLATE DIP (OPTIONAL):

- ½ cup bittersweet chocolate chips
- 1 tsp. extra-virgin organic coconut oil

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
Nonstick cooking spray

FOR CUPCAKES:

1. Preheat oven to 375° F.
2. Line muffin pan with twelve muffin papers and lightly coat with spray. Set aside.
3. Place oil, peanut butter, maple syrup, almond milk, flaxseed, and extract in blender (or food processor); cover. Blend for approx. 30 seconds, or until smooth. Set aside.
4. Combine flour, almond flour, baking powder, and salt in a large mixing bowl; blend until combined.
5. Add oil mixture to flour mixture; mix until ingredients are just moistened (do not overmix).
6. Fold in chocolate chips.
7. Pour batter evenly into prepared muffin pans, filling each tin with a level ¼ cup batter (approx. ¾ full).
8. Bake for 18 to 20 minutes, or until tops are golden brown and a toothpick inserted into center of a cupcake comes out clean.
9. Set cupcakes aside to cool.

FOR FROSTING:

1. While cupcakes are baking, combine peanut butter, almond milk, salt, maple syrup, and extract in a medium mixing bowl; beat until well mixed. Set aside.

FOR DIP:

1. If using dip, place a heat-proof mixing bowl on top of a pot of gently boiling water.
2. Add chocolate and oil; cook, stirring frequently, until just melted. Stir until well blended.
3. Once cupcakes have cooled, frost each with 1 Tbsp. frosting. Dip frosting of each cupcake into dip; set aside to cool a few minutes before serving.

RECIPE NOTE:

When making dip, you can melt chocolate in a microwave; just make sure to use 50% power and stir every 30 seconds.

NUTRITIONAL INFORMATION (per serving): **Calories:** 335 **Total Fat:** 19 g **Saturated Fat:** 7 g **Cholesterol:** 0 mg **Sodium:** 362 mg **Carbohydrates:** 38 g **Fiber:** 4 g **Sugars:** 22 g **Protein:** 7 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.