CAKES GF

PLANT-BASED STRAWBERRY VANILLA CUPCAKES



YOUTH FRIENDLY

Nice enough for a party and easy enough for making a regular day seem sweeter, these mini cupcakes skip the refined ingredients and rely on natural fruit to add flavor and interest.

PREP: 15 MIN **Bake: 13-15 MIN** **SERVES: 24 MINIS**

Ingredients

- 1 ¾ c oat flour (gluten free)
- ¾ c coconut sugar
- 1 t baking powder
- ½ t baking soda
- ¼ t salt
- 1 c unsweetened soy or almond milk
- ½ c unsweetened applesauce (room temperature)
- 1 T vinegar (or apple cider vinegar)
- 2 t vanilla extract (clear if available)
- 2 T freeze dried strawberries, coarsely crushed

Instructions

1. Preheat the oven to 350°F. Get out a silicone 24-cup mini cupcake tray, or line a metal tin with parchment liners.
2. Make the "buttermilk" by combining the milk and vinegar. Whisk and set aside for about 5 minutes until it curdles.
3. Combine all the dry ingredients in a large mixing bowl: oat flour through salt.
4. In a separate bowl, combine the applesauce, vanilla and curdled milk mixture. Stir well.
5. Stir the wet ingredients into the dry ingredients mixture. Stir well. Gently fold in the strawberries just until mixed through. Do not overmix to prevent these oil-free cupcakes from turning out too dense or tough.
6. Scoop the mixture into each cupcake cup and fill about ¾ to ⅞ full.
7. Bake at 350°F for about 13-15 minutes or until just golden on top, or until a toothpick inserted into the center of a cupcake comes out clean.
8. Cool for at least 5 minutes or longer in the pan. Then transfer cupcakes to a wire cooling rack and cool completely.
9. Make the frosting and frost as desired.

COACHING CORNER

When you have more control over ingredients, even in sweets like cupcakes, you have more control over your health outcomes. That means, when you can bake at home vs. buying pastries and cakes at the store, you know what you're putting into your body. Take control of what goes in your mouth by baking at home as often as possible.

MELISSA'S TIPS

Make your own oat flour by blending rolled oats in a high-speed blender.
Make these mini cupcakes a day ahead of a special event or party, then frost them just before showtime. When it comes to hosting, being prepared ahead of time with as much as possible helps you stay sane and have more time to enjoy the guests too!

SERVING SUGGESTION

Serve the mini cupcakes on a tiered serving plate for added presentation 'points.'

MAKE LIFE EASIER

Make the icing while the cupcakes bake. Then you'll be ready add the frosting after they've cooled completely.

CAKES GF

NATURALLY PINK VANILLA BUTTERCREAM CAKE FROSTING WITH STRAWBERRY DUST



YOUTH FRIENDLY

The rosy pink color in this frosting comes from a natural ingredient– beets! Plus adding "dust" made from freeze-dried strawberries levels up the decoration without using highly processed ingredients which is good news for your health.

PREP: 20 MIN **CHILL: 30 MIN** **SERVES: 24+**

Ingredients

- 1 c vegan butter blocks, softened to room temperature (ie: Vio Life sticks)
- 3 ½-4 c sifted powdered sugar (be sure to sift to avoid lumps and over-sweet frosting) - be sure it does not contain wheat starch for gluten free
- 2 t pure vanilla extract (clear if available)
- 1-2 T plant based milk (like soy, almond), at room temperature
- ⅛ t salt
- 1½ t beet powder (this is what make it a naturally rosy pink color)
- ½ c freeze dried strawberries, coarsely crushed (for decoration)

Instructions

1. Soften the butter at room temperature.
2. Sift the powdered sugar.
3. In a large mixing bowl, beat the softened butter on medium-high speed of a hand mixer, about 2-3 minutes. Mix until butter is light and creamy.
4. Reduce mixer speed to low and add the sifted powdered sugar 1 cup at a time, alternating with 1 T of milk (You may not have to add all the sugar). Add the vanilla, salt and beet powder.
5. Put the frosting in an icing bag and chill about 30 minutes to help it set.
6. Warm to almost room temperature before using. Store extra frosting in the refrigerator to use on other sweet treats.

MELISSA'S TIPS

While not considered a "health food," this homemade frosting is a smarter choice than store-bought frostings, especially ones that are colored with artificial dyes. To keep calories lower, use just enough frosting for each cupcake as decoration.

SERVING SUGGESTION

Wait until just before serving to frost the cupcakes and then dust them with the crushed freeze-dried strawberries.

MAKE LIFE EASIER

Make the frosting ahead of time and keep it in the refrigerator in an icing bag. Then before frosting, set the bag out onto the kitchen counter to slowly warm to room temperature.