



Recipe developed by Chef Paige Vondran

BIRTHDAY CUPCAKE

	Ingredients	Exchanges
Heavy Cream	20 gm whipped heavy cream	
Protein	14.3 gm NOW Real Foods® almond flour	2.7 (-4.05 gm fat)
	----- 15 gm raw egg	----- 1 (-1 gm fat)
Fat	9.9 gm butter, softened (<i>in cupcake</i>)	3 (-5.1 gm)
	----- 10 gm butter, softened (<i>in icing</i>)	----- 2
Carbohydrate	1.6 gm Jell-O® sugar free chocolate pudding powder	1.3
Other	2 tsp. Walden Farms® chocolate syrup 2 gm erythritol 3 drops liquid stevia or saccharin CK Products® Multi-Color Edible Glitter	

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, combine the hazelnut flour, raw egg, erythritol, chocolate syrup, pudding powder, and butter (in cupcake).
- Stir until smooth.
- Grease a muffin mold/ cupcake liner with nonstick cooking spray.
- Bake in the preheated oven for 20-25 minutes until firm.
- In a small bowl, combine the whipped heavy cream, softened butter (in icing), and 3 drops of liquid stevia or saccharin.
- Remove the cupcake from the oven and allow to fully cool.
- Pipe the whipped cream mixture on top of the cooled cupcake.
- Sprinkle with edible cake glitter for decoration.

VARIATIONS

- The cupcake should not be frozen with the icing on top; the cupcake itself freezes well for up to two months.
- The gram amount of whipped heavy cream should not exceed 20 gm otherwise it will be too large to fit on the cupcake. If your child's meal plan requires additional heavy cream, we recommend serving it on the side.
- The amount of pudding powder should not exceed any more than 1.5 exchanges otherwise it will become too soft.