

Keto Cupcakes with Chocolate Buttercream Frosting



Recipe developed by Lianne DiMarco

Directions

Cupcakes:

- Preheat oven to 350°F.
- Measure flaxseed meal on gram scale. Measure water on gram scale. Combine. Set aside.
- In a bowl, measure almond flour, coconut flour and baking soda. Add salt. Stir to combine. Set aside.
- In a bowl, measure egg yolk, mayonnaise, butter and coconut oil on gram scale. Add stevia and vanilla syrup. Stir to combine. Add to dry ingredients. Add soaked flaxseeds. Mix until just combined. Set aside.
- Measure egg white and cream of tartar and combine in a medium stainless steel mixing bowl. Beat with hand mixer until stiff peaks form. Fold in combined flaxseeds, flours and wet ingredients. Fold until just combined, trying not to deflate egg white completely.
- Scrape mixture into a greased cupcake liner, greased muffin pan or ungreased silicone cupcake liner.
- Bake 25 minutes or until cupcakes are golden and firm.

Chocolate Buttercream Frosting:

- Measure softened butter, cream and cocoa powder on gram scale and put in a medium sized stainless steel bowl. Add Da Vinci Gourmet® Sugar Free Chocolate Syrup. Beat with hand mixer until the consistency of whipped cream.

Serve cupcake with frosting.

Ingredients

	Cupcake	Exchange	Chocolate Buttercream Frosting	Exchange
Heavy cream	none		60g	
Protein	14.6g egg white	0.85	none	
	2.6g egg yolk	0.25		
	2.2g Bob's Red Mill® flaxseed meal	0.6		
	9.2g Bob's Red Mill® almond flour	2		
Fat	5g mayonnaise	1	8g butter, softened	1.9 (+ 0.7g from eggs)
	9.2g coconut oil	2.3		
	4g butter, softened	0.8		
Carbohydrate	0.6g coconut flour	0.5	1g Hershey's Natural Unsweetened Cocoa	0.8
Other	2.2g warm water		2 teaspoons Da Vinci Gourmet® Sugar Free Chocolate Syrup	
	0.1g baking soda			
	0.1g cream of tartar			
	2 drops stevia			
	½ teaspoon Da Vinci Gourmet® Sugar Free Vanilla Syrup			
	very small pinch salt			

Notes on adjusting this recipe to fit your child's personal meal plan:

- If your child requires more or less protein than outlined in this recipe, keep the ratio of egg white, flaxseed meal and almond flour the same. Do not adjust egg yolk.
- If you adjust flaxseed, use equal parts flaxseed and warm water.
- If your child requires more or less fat, add or remove butter from the frosting, as necessary.
- If your child requires more or less carbohydrate, add or remove cocoa powder, as necessary.

Variations

- If your child does not like chocolate, omit cocoa and replace with sugar-free strawberry syrup, and replace Da Vinci Gourmet® Sugar Free Chocolate Syrup with one to two drops of stevia or another flavor of Da Vinci syrup.
- You can use Hershey's® Sugar Free Chocolate Syrup instead of cocoa powder in frosting, if desired.