

259 kcal	0.7 net carbs
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BIRTHDAY CUPCAKE



Recipe developed by Chef Paige Vondran

	Ingredients	Net Carb
Heavy Cream	1 Tbsp. whipped heavy cream	
Protein	1 Tbsp. Bob's Red Mill® hazelnut flour	0.5
	1 Tbsp. raw egg	
Fat	2 tsp. butter, softened (in cupcake)	
	2 tsp. softened butter (in icing)	
Carbohydrate	¼ tsp. Jell-O® sugar-free chocolate pudding powder	0.2
Other	2 tsp. Walden Farms® chocolate syrup 2 gm erythritol 3 drops liquid stevia or saccharin Dash of 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. The mixture should be smooth; if it's dry, add water until soft.
- 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.