



Choc Cups Cakes

Base - 8% Sweetener, 7% Cacao

Frosting - 10% Sweetener, 20% Cacao

These raw, gluten free, grain free, low sugar cup cakes taste best 15 minutes out of the freezer.

Note: You need a good sized food processor, otherwise make a half batch.

If you don't have muffin cases, use any good size silicone mould.

You can even use a 9" spring-form cake tin and just make one big cupcake!

Ingredients & Method

Choc Cup Cake Base

- 250g Pecans
- 100g Cashews
- 75g Sunflower Seeds
- 50g Hazelnuts
- 50g Desiccated Coconut Flakes (buy unsweetened)

Option to 'Activate' Brown Nuts

To enhance nutrition and digestibility, soak pecans and hazelnuts over night, then drain and rinse well. Dehydrate at 115 degrees for about 24 hours or until crispy.

If you don't have a dehydrator, set your oven as low as possible and keep checking nuts. They are ready when crispy all the way through. This can take a few hours.

Blend the above ingredients in your food processor until a fine meal. Then add:

- 100g Coconut Oil
- 60g Yacon Syrup or Coconut Palm Nectar (Palmyra Jaggery would also work but might need more blending)
- 50g Cacao Powder
- 2 tsp Cinnamon
- 1.5 - 2 tsp Luo Han Guo
- 2 good pinches Himalayan Sea Salt

Re-blend 3 or 4 times for about 20 seconds each go. Each time you pause, integrate the ingredients with a spatula. Take approx 45g of cake mix and smooth down into a muffin shaped silicone mould (or carefully into a paper muffin case). This recipe makes 16 cup cakes. Pop in fridge or freezer as you make topping.

Dark Choc Fudgey Frosting

- 100g Coconut Oil
- 20g Cacao Liquor

Gently melt oils, then add to a high sided jug with all ingredients below:

- 50g Coconut Milk or Cream (If liquid and solid have separated, use the solid part)
- 50g Cacao Powder
- 50g Shelled Hemp Seeds (hand sort any shell pieces)
- 50g Your favourite nut butter (cashew or almond work great) or even tahini
- 35g Coconut Palm Sugar or Palmyra Jaggery
- 2 or 3 drops Sweet-leaf stevia (optional)
- Pinch Himalayan salt

Place about 20g onto each cake base. Either leave a dollop near the centre or smooth frosting over to edges. Pop back in freezer to set. When firm, remove from the moulds and keep in the freezer in an airtight container. Enjoy and share.

Alternative Cup Cake Frosting/Truffles (Non Vegan)

100g Coconut Oil
60g Double Cream (must be organic) (for vegan use coconut cream)
50g Shelled Hemp Seeds (hand sort any shell pieces)
60g Cashew Butter or Tahini
40g Cacao Powder
35g Yacon Syrup or Coconut Palm Nectar
4 drops Sweet-leaf stevia (optional)
Pinch Himalayan salt

Add all ingredients to a high sided jug. First mix well with a fork, then for a smoother frosting, whizz with your hand blender. You can then smooth about 20g onto the cup case base as before.

Alternatively both frosting recipes can be truffles!

Make double the amount and save half for truffles.

Simply leave the leftover mix in the fridge for a couple of hours, then take a teaspoon and scoop out a portion. Either place straight onto grease proof paper or a teflon sheet, or for a more fun variation: Roll a portion into a ball in the palms of your hands then dust in grated cacao liquor.

Amazing Healthy White Chocolate

40g Cacao Butter
50g Coconut Oil
90g Cashews
20g Coconut Palm Sugar or Palmyra Jaggery (for some, this might not be sweet enough. Just add 5g more sugar).
Small pinch salt
2 drops orange extract essence (optional)

Gently melt butter and oil. Add to a high sided jug with all ingredients and whizz with a hand blender. Pour into your favourite silicone mould. When frozen, remove to a freezer bag. Best enjoyed 10 minutes out of freezer.