



APPLE AND CINNAMON CUPCAKES (VEGAN)

Ingredients

2 cups plain flour
1 cup chickpea flour
4 tsp baking powder
½ tsp bicarbonate soda
Pinch salt
6 Tbls Coconut oil Solid
2/3 cup apple sauce
2/3 cup chickpea water
1/2 cup brown sugar, packed
½ lemon, juiced
2 tsp cinnamon

Method

1. Pre heat oven to 180C
2. Mix flours and baking powder, bicarbonate soda, salt and coconut oil in a food processor. Blend 30 secs.
3. Add apple, sugar, chickpea water, lemon juice and cinnamon.
4. Blend until smooth consistency, scraping with a spatula to incorporate any dry ingredients.
5. Use a little sunflower oil to grease a cupcake tray, add some flour to each mould and tap around until fully coated then tap out any excess.
6. Fill cupcake moulds (not using paper cases) to the top and bake for 20 mins until golden and bouncy to touch in the middle.
7. Take out and let cool a little before turning them out onto a cooling rack.