FUDGY BROWNIE CUPCAKES

These chocolate cupcakes are decadent little morsels, with a perfect fudgy center and crispy brownie edges. The perfect special occasion dessert the whole family is sure to love!

- 15 minutes
- 25 minutes
- 12 portions

INGREDIENTS

- 100 grams of chocolate, dark, 70-85%, chopped into even pieces
- 1/2 cup of coconut oil, plus extra for greasing
- 1/4 Cup of almond Meal (30 g)
- 1/4 gram of cacao Powder (4 g)
- 1 tsp of cinnamon
- 3 eggs, whisked
- 1 tsp of vanilla extract (4 g)
- 1/4 cup of rice Malt Syrup (85 g)

COOKING METHOD

1º   Preheat a fan-forced oven to 200°C/400°F/Gas Mark 6 and grease 12 holes of a muffin tin with butter or coconut oil

2º   Place chocolate pieces into a large mixing bowl.

3º   Melt butter or coconut oil in a separate bowl in the microwave. Pour over chocolate chunks and stir with a wooden spoon until smooth and combined. If you need to heat this a little to completely melt the chocolate, heat in microwave for 30 seconds at a time, stirring each time.

4º   Add in almond meal, cacao, cinnamon and a pinch of sea salt. Stir through. Pour in eggs, rice malt syrup and vanilla and stir through until you form a smooth batter.

5º   Pour batter between the greased muffin holes. Place into the oven and bake for 10–12 minutes, until the edges of the brownie have set.

6º   Remove from the oven and set aside to cool for at least 10 minutes before removing from the muffin tin. Dust with raw cacao powder to serve.

7º   Note: This recipe contains 1 teaspoon of added sweetener per serve, so we recommend you reserve this treat for special occasions only. You might also like to use 90% dark chocolate to reduce the sweetener even further.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (40 g)	% DRI
ENERGY	470 kcal	190 kcal	9 %
FAT	38 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	27 g	11 g	54 %
CHOLESTEROL	116 mg	47 mg	16 %
SODIUM	49 mg	20 mg	1 %
CARBOHYDRATE	25 g	10 g	3 %
SUGARS	15 g	6 g	—
FIBER	3 g	1 g	5 %
PROTEIN	8 g	3 g	—