



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

- 1° 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
- 2° Place chocolate pieces into a large mixing bowl.
- 3° 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.
- 4° 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.
- 5° 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.
- 6° 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.
- 7° 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	—