



village health clinic

naturopathic medicine & midwifery care

Coconut Cupcakes with Coconut Cream Cheese Frosting (Gluten-free, Dairy-free; Egg-free optional)

These are wonderful topped off with some freshly cut pineapple or mango. Makes 20 cupcakes.

INGREDIENTS

Cupcake Ingredients

- 3/4 cup of unsalted butter, room temperature (unrefined coconut oil works well if butter-sensitive)
- 1 1/4 cup of sugar
- 3 eggs, room temperature (or equivalent egg replacer if egg-allergic)
- 1 cup of canned coconut milk
- 1 teaspoon of pure vanilla
- 2 1/4 cups of gluten-free flour blend (Kinnikinnick Foods)
- 1 teaspoon of salt
- 1 teaspoon of gluten-free baking powder
- 1/2 cup of shredded coconut

Coconut Cream Cheese Frosting Ingredients

- 1/2 cup of butter (1 stick), room temperature
- 8 oz of Tofutti Better Than Cream Cheese, plain, softened to room temperature
- 1 teaspoon pure vanilla
- 1/2-1 cup of powdered sugar
- 1/4 cup of shredded coconut

METHOD

Cupcake Method

- 1 Preheat the oven to 350 F. Cream the butter until light and fluffy. Add sugar and cream till light and fluffy again, scraping down the sides halfway through to ensure even mixing.
- 2 Add the eggs, one at a time, beating for 30 seconds each to ensure mixing. Be sure to scrape down the sides after each egg to ensure even mixing.
- 3 Combine the flour, salt, and baking powder in one bowl. In another add 1 cup of a well shaken can of coconut milk and a teaspoon of vanilla. Add 1/3 of the dry ingredients and mix, then add 1/2 of the wet ingredients. Continue alternating with the wet and dry mixtures, ending with the dry. Stop mixing once just as the ingredients become incorporated; do not overbeat.
- 4 Fold in the coconut. Scoop into cupcake papers about one half to three-quarters of the way full. Bake for 18-22 minutes, rotating the pan after the first 15 to ensure even baking. Be sure to check with a toothpick to see if the cupcakes are done. If the toothpick comes out of the cupcake clean, then they're ready. Allow the cupcakes to cool for a minute or two in the pan, then transfer to a wire rack to cool completely.

Frosting Method

- 1 Cream the butter, cream cheese and vanilla together until smooth, about 3 minutes. Scraped down the sides and bottom.
- 2 Slowly add the powdered sugar, taste as you go adding more sugar until you have reached the desired sweetness.
- 3 Fold in the coconut. Spread onto cooled cupcakes. Sprinkle on a bit of extra shredded coconut on top and serve.

Notes:

Do not use light coconut milk, as it would only diminish the flavor.

If sensitive or allergic to eggs, use an equivalent amount of EnerG egg replacer or use the following:

750 ml (3 cup) water

75 ml (1/3 cup) flax seeds

In a saucepan, bring the water and flax seeds to a boil. Reduce the heat and simmer for 30 minutes. Strain immediately, collecting the goopy liquid and separating it from the seeds. Let cool slightly, then pour the egg substitute into ice-cube trays and freeze: 1 cube is equivalent to 1 egg.