



village health clinic

naturopathic medicine & midwifery care

Vanilla Gluten-Free, Dairy-free, Egg-free Cupcakes

adapted from Vegan Cupcakes Take Over the World

1 cup non-dairy milk (soy/rice/almond/oat)
1/3 cup canola oil
3/4 cup sugar
2 teaspoons vanilla extract
1/4 teaspoon almond extract
1/4 cup tapioca flour
2 tablespoons ground flaxseeds
1/3 cup corn flour or 1/3 cup almond flour
1/2 cup white rice flour
1/2 cup quinoa flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt

Preheat oven to 350°F.

In a large mixing bowl, combine non-dairy milk, canola oil, sugar and extracts. Mix on medium speed just to combine. Add tapioca flour and flaxseed and mix vigorously for about a minute until the tapioca flour is dissolved and the mixture is well emulsified. Add corn flour, white rice flour, quinoa flour, baking powder, baking soda, and salt. Mix on medium-high for about 2 minutes.

Fill cupcake liners about 3/4 full with mixture.

Bake 20-23 minutes or until a toothpick inserted through the center comes out clean. Cool completely before frosting.