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Magic Salted Caramel Cupcake (S)

The magic lies in the fact that no flour is needed for these babies. Don't tell any picky family members, but white beans create the moist and lovely texture! The key is to refrigerate the cupcakes for at least 4 to 6 hours before eating to get rid of any beany taste (even better overnight.)

Serves: Multiple

INGREDIENTS:

For the Cupcakes:

- coconut oil cooking spray
- 30 oz white beans (2-15 oz cans, rinsed and drained; or 3 cups home-cooked)
- 3 large eggs
- 3/4 cup egg whites (carton or fresh)
- 3/4 cup THM Gentle Sweet
- 2 tsp aluminum-free baking powder
- 1 tsp baking soda
- 1 tsp vanilla extract
- 3/4 tsp caramel extract (3/4 to 1 tsp)
- 1/4 tsp mineral salt
- 2 Tbsp extra virgin coconut oil

For the Frosting:

- 3 oz 1/3 less fat cream cheese
- 1/2 cup heavy cream
- 1/4 cup THM Gentle Sweet (*see NSI Note below)
- 1/2 tsp vanilla extract
- 1/4 tsp Natural Burst Caramel Extract (*see NSI Note below)
- 5 pinches mineral salt

For the Optional Caramel Sauce Topping:

- 2 Tbsp butter
- 2 Tbsp THM Gentle Sweet
- 1/2 tsp blackstrap molasses (optional, for a brown sugar effect)
- 1/8 tsp mineral salt
- 2 Tbsp heavy cream
- 1/8 tsp xanthan gum (or THM Glucomannan - "gluccie")

This and other delicious THM recipes can be found at
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Magic Salted Caramel Cupcake (S) cont.

INSTRUCTIONS:

1. Preheat the oven to 350°F. Line 16 cups of muffin tins with cake liners (the parchment kind work best). Lightly spray the insides with coconut oil.
2. Put all the cupcake ingredients in a food processor and process well. Using a spoon, drop the batter into the muffin cups and bake for 25 minutes.
3. Remove the cupcakes from the pans and allow the muffins to cool on the counter for a little while, then refrigerate until ready to frost.
4. Make the frosting. Put all the frosting ingredients in a blender and blend until thickened.
5. If choosing to make the caramel sauce, put butter, sweetener, and molasses in a small saucepan. Heat until bubbly over medium-high heat and allow to bubble for about 2 minutes, whisking constantly. Remove from the heat and add the salt and cream while whisking. Gently sprinkle in xanthan or Glucic while continuing to stir. Allow the sauce to cool and thicken.
6. Frost the cupcakes, drizzle the sauce over the top, then refrigerate for several hours (or overnight) before eating.

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