

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Strawberry Cupcakes

From www.elanapantry.com

Cupcakes:

- 1/2 cup coconut flour
- 1 Tbs arrowroot powder
- 1/4 tsp sea salt
- 1/2 tsp Baking Soda
- 4 large eggs
- 1/2 cup honey
- 1 Tbs vanilla extract
- 1/2 cup finely chopped fresh strawberries

Instructions

Preheat the oven to 350 degrees. Line 8 muffin cups with paper liners.

In a large bowl, combine the coconut flour, arrowroot powder, salt, and baking soda. In a medium bowl, whisk together the eggs, honey, and vanilla. Blend the wet ingredients into the coconut flour mixture with a handheld mixer until thoroughly combined, then fold in the strawberries.

Scoop 1/4 cup batter into each prepared muffin cup.

Bake for 20 to 25 minutes, until a toothpick inserted into the center of a cupcake comes out with just a few moist crumbs attached. Let the cupcakes cook in the pan for 1 hour.

Frost with whipped cream frosting: Whip together 1 cup heavy cream with 2 Tbs honey. Try folding in some finely diced, or pureed strawberries.