

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

White Chocolate Cherry Cupcakes with White Chocolate Frosting

From "Gluten-Free Cupcakes" by Elana Amsterdam

Makes 11

½ cup coconut flour

2 Tbsp arrowroot powder

¼ tsp sea salt

1 tsp baking soda

4 eggs

½ cup agave nectar or raw honey

½ cup frozen cherries, cut into quarters

1 cup white chocolate chips (My favorite are the Whole Foods Market brand of white chocolate chunks)

1. Preheat the oven to 350 degrees. Line 11 muffin cups with paper liners
2. In a large bowl, combine the coconut flour, arrowroot powder, salt, and baking soda; set aside 1 Tbsp of this coconut flour mixture. In a medium bowl, whisk together the eggs and agave nectar or honey. Blend the wet ingredients into the coconut flour mixture with a handheld mixer until thoroughly combined.
3. Sprinkle the reserved Tbsp of coconut flour mixture over the cherries, tossing to coat thoroughly. Fold the cherries and white chocolate chips into the batter.
4. Scoop ¼ cup of batter into each prepared muffin cup.
5. Bake for 20- 25 minutes, until a toothpick inserted into the center of a cupcake comes out with just a few moist crumbs attached. These cupcakes brown very quickly, but they are not done until they pass the toothpick test. Let the cupcakes cool in the pan for 1 hour, then frost and serve.

White Chocolate Frosting

Makes 1 cup

7 ounces white chocolate chips (just less than 1 ¼ cups)

½ cup Spectrum all-vegetable shortening (You may be able to find this at your local Dierberg's store or Nutrition Stop in St. Peters, if not, you can find it at Whole Foods Market.)

1. In a small saucepan over very low heat, melt the white chocolate until smooth, stirring constantly. Allow the pan to stand on the counter for 10 minutes to cool down to room temperature.
2. Blend in the shortening with a handheld mixer. Place the saucepan in the refrigerator for 20 minutes, until the frosting is slightly chilled and thickened.
3. Use immediately or store in a glass Mason jar in the refrigerator for up to 3 days. Before using, set the frosting on the counter for 1 to 2 hours, to allow it to come to room temperature, then stir with a flexible spatula until spreadable. This frosting works best at room temperature.