

Mini Cupcakes WITH LEMONY FROSTING

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

INSTRUCTIONS: Place a rack in center of oven and preheat to 350°F. Line a mini muffin tin with 16 mini baking cups or mist with cooking spray.

TWO: Finely chop ½ cup strawberries and place in a medium bowl with any accumulated juices. Stir in Sucanat, mashing strawberries a bit against bowl with a spoon. Stir in milk, oil and ½ tsp vanilla; set aside.

THREE: In a separate clean and dry medium glass or metal bowl, beat egg whites with a hand mixer on high speed just until stiff peaks form, about 5 to 10 minutes; set aside.

FOUR: In a large mixing bowl, whisk together flour, baking powder and salt. Stir in strawberry mixture until well combined. Using a rubber

ONE: Using a spoon, add rounded tablespoons of batter into each mini muffin cup. Bake for 15 minutes or until cupcakes spring back when lightly touched. Remove from oven and let cool for 5 minutes in tin. Remove to a wire rack and let cool completely before frosting.

SIX: Meanwhile, prepare frosting: In a medium bowl, blend cream cheese, honey, stevia and remaining 1 tsp vanilla until creamy. Add yogurt and lemon zest and blend until combined, scraping down sides with a spatula as necessary. Cover bowl with plastic wrap and chill in refrigerator until ready to use.

SEVEN: Once cupcakes have cooled, top each with 1 tsp frosting and strawberry slices.



FOLD LINE

visit cleaneating.com

Clean Eating
magazine

Clean Eating
magazine

MINI CUPCAKES WITH LEMONY FROSTING

Serves 8. Hands-on time: 30 minutes. Total time: 1 hour (includes cooling time).



INGREDIENTS:

- Olive oil cooking spray, optional
- ½ cup quartered fresh strawberries, diced, plus additional strawberry slices for garnish
- ½ cup Sucanat
- 2 tbsp skim milk
- ¼ cup safflower oil
- 1½ tsp pure vanilla extract, divided
- 2 egg whites, at room temperature
- ¾ cup white whole-wheat flour
- ½ tsp baking powder
- ¼ tsp fine sea salt
- 2 oz light cream cheese, at room temperature
- 1 tbsp raw honey
- 1 packet stevia
- ¼ cup nonfat plain Greek yogurt
- ½ tsp lemon zest

Nutrients per serving (2 mini cupcakes, 2 heaping tsp frosting, 2 strawberry slices): Calories: 190, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1.5 g, Carbs: 25 g, Fiber: 2 g, Sugars: 14 g, Protein: 4 g, Sodium: 90 mg, Cholesterol: 3 mg