

The Healthy Chef

Lemon and Chia Cupcakes with Blueberry Frosting

Makes 8-10,
Prep 15 mins, plus
12 hours chilling,
Cook 15-20 mins

- 2 tbsps chia seeds
- 1/3 cup water, plus 1 1/2 tbsps water if using almond meal, or 1 cup water if using wholemeal flour
- 2 tbsps honey or rice malt syrup
- 2 tbsps melted coconut or macadamia oil
- Zest 1 lemon
- 3 tbsps lemon juice
- 2 cups almond meal or 1 1/2 cups wholemeal flour
- 3 tps baking powder

BLUEBERRY FROSTING

- 1/4 cup fresh or frozen blueberries
- 400g coconut cream, chilled for at least 12 hours (see Tip)
- 2 tbsps golden icing sugar, milled demerara sugar or 12 drops of liquid stevia

1 Preheat oven to 170C (150C fan-forced). Line eight to 10 holes of a standard 12-hole muffin tin with paper cases.

2 Mix chia seeds and a third of a cup of water and set aside for 10 minutes to form a gel. Add honey or rice malt syrup, oil, extra water, lemon zest and juice to chia gel and mix well.

3 In a large bowl, combine almond meal or wholemeal flour and baking powder. Pour wet

mixture into dry ingredients and fold through until just combined. Divide mixture between paper cases. Bake for 15 to 20 minutes, or until tops are risen, lightly golden and a skewer inserted in the middle of a cupcake comes out clean. Transfer to a wire rack and allow to cool completely before frosting.

4 To make blueberry frosting, mash berries well with a fork until they release the juice and are fairly mushy. Scrape out thick coconut cream into a chilled

bowl, reserving water for smoothies. Whisk coconut cream and sugar or stevia until combined. Fold in mashed berries. Place back in the fridge to chill for 15 minutes, then spread frosting onto cooled cupcakes. Store in an airtight container in the fridge for up to three days. Leave at room temperature for 5 to 10 minutes before serving.

*Dairy-free,
Lactose-free,
and vegetarian!*

TIP
As the frosting is not made with copious amounts of sugar, it is best to keep the cupcakes out of direct heat or sunlight. Use additive-free cream, 100 per cent coconut kernel.



The Wholesome Cook by Martyna Angell (Harlequin MIRA, \$49.99).