

Chocolate Cupcakes



Plan Z Phase: This is a Z3.5 (ZReboot 3.5) recipe. These cupcakes are courtesy of Plan Z dieter Ashley, a professional pastry chef. She has done an amazing job of coming up with these cupcakes. They taste just as good as regular cupcakes but they contain just 12 grams of carbs each. The average cupcake will come in at 29 grams of carbs or more. Thank you Ashley!

Ingredients:

- 8 oz of high quality chocolate, 70% cacao. Dice into small bits.
- $\frac{1}{2}$ cup of virgin coconut oil
- 6 eggs
- 1 tsp of vanilla
- $\frac{1}{4}$ tsp of grated sea salt
- $\frac{1}{4}$ cup of high quality Unsweetened cocoa powder
- 2 Tbl of coconut flour
- $\frac{1}{2}$ tsp of baking soda

Instructions:

Preheat your oven to 350 degrees.

In a small sauce pan melt your coconut oil on medium heat. When

it's clear and hot remove from heat and add the chocolate bits. Stir until they are fully melted. Set aside to cool down.

In a medium bowl, beat the eggs with the vanilla and sea salt. This will take a minute or two to get them nice and frothy.

Now, for the tricky part. Take just a bit of the cooled chocolate mixture and blend it into the eggs. If the chocolate is too hot or you put in too much too fast you risk cooking your egg mixture. So be careful and take your time. Once the first bit is blended in you can begin to slowly drizzle the rest of the chocolate mixture into the egg mixture and continue blending until you have it all mixed in.

Add the coconut flour and the cocoa powder. Mix again.

Add the baking soda and make sure that's mixed in. Now let the batter sit for five minutes.

Grease your muffin tins or put in paper muffin cups.

Pour the batter up to $\frac{3}{4}$ of the way up to the top. I got 11 cupcakes when I made my batch.

Bake at 350 degrees for 20 minutes. No fair peeking. These bake similarly to an angel food cake so you don't want to be banging the oven door. The finished cupcakes will be rounded and beautiful.

You can frost them with a simple, light smear of French ganache or even eat them with no frosting. They are delightful.

Enjoy!

Cheers,