

## Peanut Butter and Chocolate Cupcakes



If you're a fan of peanut butter then these won't disappoint you. Made with gluten free flour, a mix of almond and peanut butter and topped with chocolate these cakes will leave you feeling completely satisfied.

For the cakes

- 1 ½ cups buckwheat flour
- ½ cup coconut flour
- 1 ½ tsp baking powder
- ½ tsp bicarb of soda
- ½ cup honey
- 1 tsp vanilla extract
- 1 cup coconut oil, melted and then cooled slightly
- 1 cup milk
- ½ cup yogurt
- 2 eggs

For the Filling

- 1/2 cup nut butter – I used a mix of peanut and almond butter
- ¼ cup yogurt
- 2 tsp honey

For the topping

- 1 tablespoon coconut oil
- 1 tablespoon raw cacao powder

Make a start on the cakes. Pre heat the oven to 180°C and lay your cupcake cases into muffin trays.

You'll need 2 bowls ready – one to mix the dry ingredients in and one to mix the wet.

Mix together the flour, baking powder and bicarb in one bowl.

In your other bowl whisk together the cooled coconut oil, eggs, honey, vanilla and yogurt. Mix this well.

Gradually start adding your flour mix and your milk into your wet mix, folding the mixture as you go. Add these alternately so a little flour then some milk, a little more flour, more milk etc until all of your ingredients are folded together.

Now place large spoonful's of the mixture into your cases – fill them  $\frac{3}{4}$  of the way up and place these into the oven for approx. 20 mins. Do the skewer test – stick a skewer or cocktail stick into the cakes and if it comes out clean, they're done 😊 Leave these to cool completely while you prepared your filling.

Simply mix all of the filling ingredients together and then prepare a piping bag. If, like me, you don't have a piping bag then just make one. I took some tin foil and made this into a cone shape, filled it with the filling then snipped off the end so I could squeeze the filling into the cakes.

Now that your cakes have cooled you need to remove the centre from them – I used an apple corer but you could cut a small section out with a knife if you don't have one



Now pipe the peanut butter filling into these holes like so...



For the topping – mix your coconut oil with the raw cacao and mix well. It will melt as you mix it so that you can paste the topping on but if you prefer to you can melt the oil, mix it with the cacao then drizzle it onto the cakes.

And your cakes are finished. Sit down, relax and enjoy one of these.

