

Devil's Food Cup Cakes



Serves	11-12
Prep time	20 minutes
Cook time	18 minutes
Total time	38 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Special Occasions , Valentines day

Ingredients

- 2/3 cups wholemeal plain flour
- 1 cup plain white flour
- 1/2 cup raw cocoa or carob powder
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2/3 cups rice malt syrup or maple syrup
- 1/2 cup sunflower oil, butter or Nuttelex
- 1 cup milk, rice milk or almond milk
- 2 teaspoons vanilla essence

For the frosting

- 1/2 cup cashew paste
- 3 tablespoons raw cocoa or carob
- 3 tablespoons rice malt syrup or maple syrup
- 1 teaspoon vanilla essence
- 6-8 tablespoons milk, rice milk or almond milk

Directions

For the cup cakes:

1. Preheat the oven to 180°C and prepare two 6-hole muffin trays.
2. Sift the flours, baking powder, salt and cocoa/carob powder together in a large bowl, adding the husks back in.
3. In another bowl combine the syrup, Nuttelex/butter/oil, milk and vanilla.
4. Add the wet ingredients to the dry ingredients and mix until it is well combined. It should have a thick cake batter consistency. If it is too wet add a bit more flour, or a bit of milk if it's too thick.
5. Divide the batter into the muffin trays (it makes 11 to 12 cup cakes depending on the shape of your trays). Bake in the oven for 15 to 18 minutes. Allow to cool slightly in the trays then turn out onto a wire tray to cool completely.



For the frosting:

6. Mix all the frosting ingredients together in a bowl or food processor. Spread over the cooled cup cakes.



Note

Low Chemical / Failsafe, Very High Amines, Salicylates, Dairy-free, Egg-free

I have tried all the variations in this recipe and they all work:

1. For a low chemical version use carob powder instead of cocoa and dairy or rice milk.
2. If amines are tolerated use cocoa powder.
3. If salicylates and amines are tolerated try the almond milk version.
4. For a dairy-free version use Nuttelex or sunflower oil and rice or almond milk.
5. If cashews aren't tolerated try a butter-cream or glaze icing instead, or just dust with pure icing sugar.