



## 7 KID-FRIENDLY CUPCAKE RECIPES

Made by [pyureorganic.com](http://pyureorganic.com)

### Vanilla Buttercream Frosting

No good cupcake recipe is complete without frosting! This icing goes great with all your favorite no-sugar cupcakes. Try this frosting with any of the recipes listed below, or put your own twist by blending strawberries, chocolate syrup, or food coloring to give this frosting extra pop.

#### Ingredients:

- 1/4 cup Pyure Organic All-Purpose Stevia Blend
- 1/4 cup cornstarch
- 1 cup butter, softened
- 1/4 vanilla bean, scraped

#### Instructions:

1. Beat butter with Pyure Organic All-Purpose Stevia Blend and cornstarch until fluffy.
2. Add scraped vanilla bean. Beat until smooth.
3. Add food coloring, if using, bit by bit until desired color is reached.
4. Spread over cooled cake or cupcakes.

## **Cream Cheese Icing**

This cream cheese icing works on gluten-free sugar-free cupcakes like carrot cake, red velvet, or on other baked goods! To create a homemade piping bag, spoon icing into a resealable plastic bag and snip the bottom corner.

### **Ingredients:**

- 1/4 cup unsalted butter, softened
- 1/4 cup brick-style cream cheese, room temperature
- 1 tbsp. Pyure Organic All-Purpose Stevia Blend
- 1 tbsp. cornstarch
- Food coloring

### **Instructions:**

1. Beat together butter, cream cheese, Pyure Organic All-Purpose Stevia Blend and cornstarch until smooth.
2. Add food coloring, bit by bit until desired color is reached.
3. Spread or pipe over cooled cupcakes

## Gluten-Free Carrot Cake Cupcakes

Sneak an extra helping of vegetables into these gluten-free, sugar-free healthy carrot cupcakes! Top these cupcakes with cream cheese frosting and chopped nuts. Recipe adapted from the blog Food Faith Fitness.

### Ingredients:

- 1 1/4 Cups + 2 Tbsp. Coconut flour, *sifted*
- 4 1/2 tsp Cinnamon
- 1 tsp Baking soda
- 9 Large eggs
- 1 tsp Baking powder
- 1 tsp Salt
- 1/2 tsp Ground nutmeg
- 1 Cup + 2 Tbsp. Pyure Organic Erythritol
- 1/2 Cup + 2 Tbsp. Plain non-fat Greek yogurt
- 2 tsp Vanilla extract
- 4 Cups Carrot, grated and lightly packed (392g or about 7 large carrots)
- 3/4 Cup Pecans, diced + additional for garnish (optional)
- 1/2 Cup Unsweetened coconut flakes

### Instructions:

For the cupcakes:

1. Preheat your oven to 350°F and line two 8-inch cake pans with parchment paper, spraying the exposed sides with cooking spray. Set aside.
2. In a medium bowl, stir together the coconut flour, cinnamon, baking soda and powder, salt and nutmeg.
3. In a separate, large bowl, using an electric hand mixer, beat the eggs, sweetener, Greek yogurt and vanilla until well combined. Stir in the coconut flour mixture and stir until combined.
4. Gently fold in the carrots, pecans and coconut flakes until well combined. Let the batter stand for 10 minutes so the coconut flour can begin to absorb the moisture. Your batter will be thick, this is normal.
5. Divide the batter evenly between lined muffin tin cups, spreading out smoothly. Bake until the sides are golden brown and a toothpick inserted in the center comes out clean, about 25 – 30 minutes. Let cool COMPLETELY before frosting.

## Gluten-Free Chocolate Cupcakes

The baker behind Chocolate and Carrots says this sugar-free, gluten-free cake recipe makes the perfect cupcakes for diabetics and for kids! Chocolate-y, rich, and delicious, these chocolate cupcakes are a dream. Makes six cupcakes.

### Ingredients:

For the cupcakes:

- 1.4 oz. (about 1/2 cup) almond meal
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon espresso powder
- 2-4 packets Pyure Organic Stevia Sweetener
- 5 teaspoons coconut oil, melted
- 1/2 cup unsweetened applesauce
- 2 eggs
- 2 teaspoons vanilla extract

For the frosting:

- 3 tablespoons coconut oil, melted
- 1/4 cup natural creamy peanut butter
- 1/4 cup unsweetened cocoa powder
- 2 packets Pyure Organic Stevia Sweetener

### Instructions:

1. Preheat the oven to 375°F.
2. Line a muffin pan with 6 paper cups.
3. Combine the almond flour, baking powder, salt, cocoa powder, espresso powder, and stevia together in a bowl. Set aside.
4. In another smaller bowl, combine the coconut oil, applesauce, eggs, and vanilla extract.
5. Pour the wet ingredients over the dry ingredients and stir until combined.
6. Fill the paper cups 3/4 full.
7. Bake for 15-20 minutes, or until a cake tester comes out clean.
8. Allow the cupcakes to cool for 5 minutes in the pan, then transfer them to a cooling rack to cool completely.
9. Mix the frosting ingredients together and spread a little bit on each cupcake.

## Healthy Red Velvet Cupcakes with Stevia

Adapted from the Running Foodie, this recipe for healthy red velvet cupcakes lets you have your cake and eat it too! These treats are the perfect reward for after a tough workout — and really any occasion that calls for celebration. Note that these are NOT gluten-free as they contain cake flour. Makes 24 cupcakes.

### Ingredients:

- 1/3 cup unsweetened cocoa
- 3 tablespoons red food color
- 1 1/2 teaspoons vanilla extract
- 1/2 cup (1 stick) unsalted butter, softened
- 3/4 cup granulated sugar
- 4 egg yolks
- 3 egg whites
- 1 cup low-fat buttermilk
- 1/2 teaspoon salt
- 1/2 cup Pyure Organic All-Purpose Stevia Blend
- 2 1/4 cups sifted cake flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper (optional, though you really can't taste it)
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons white vinegar
- 2 1/4 cups Cream Cheese Frosting (recipe above)

### Instructions:

1. Preheat oven to 350°F. Grease two 12 cup muffin tins or use liners.
2. In a small bowl combine cocoa, red food color and vanilla, set aside.
3. In a large bowl beat together butter and granulated sugar for 3 minutes. Add yolks one at a time and beat well after each addition. Add cocoa mixture and blend well.
4. In another bowl, whisk egg whites with buttermilk. Combine stevia, cayenne pepper, baking powder, and salt with cake flour. Add buttermilk mixture and flour mixture to cocoa mixture, alternating a third at a time beating after each addition. Combine baking soda and vinegar then add to batter and blend well. Beat for an additional 2 minutes.
5. Fill each muffin tin 2/3 full with batter. Bake 13-15 minutes or until a toothpick comes out clean.
6. Remove from oven and let cool 5-10 minutes before removing from tins. Cool cupcakes on rack before frosting.

## Funfetti Protein Cupcakes

Kids love funfetti cupcakes, but unfortunately, the pre-made mixes are chock full of artificial sugar. This recipe from Yummly lets you enjoy one of the most fun cupcake recipes with better-for-you ingredients. These make the perfect birthday cupcakes! Top with the vanilla buttercream frosting and even more sprinkles!

### Ingredients:

- 40 grams vanilla protein powder
- 3 tablespoons coconut flour (or 6 tbsp. oat flour, all-purpose, cake flour, or gluten-free baking blend)
- 2 tablespoons Pyure Organic All-Purpose Stevia Blend
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1/4 cup egg whites (2 large)
- 1/4 cup nonfat plain Greek yogurt (or dairy-free yogurt)
- 2 tablespoons unsweetened applesauce
- 1 tablespoon coconut oil
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon white vinegar (optional)
- 1/4 teaspoon butter extract (optional)
- 1/8 teaspoon almond extract (optional)
- 1 teaspoon sprinkles (optional)

### Instructions:

1. Preheat oven to 325°F.
2. Whisk together dry ingredients (through salt) in a mixing bowl.
3. In a separate mixing bowl, beat together wet ingredients (through flavor extracts).
4. Mix dry and wet until smooth, then gently stir in sprinkles.
5. Line cups of a muffin pan with paper, silicone, or foil liners and lightly spray insides with cooking spray. OR, skip the liners and lightly coat the inside of each cup with cooking spray.
6. Divide batter between six cups, filling about 2/3 of the way to the top.
7. Bake for 20-25 minutes until a toothpick or knife inserted at center comes out clean.
8. While cupcakes cool, combine frosting ingredients until smooth. Place frosting in fridge while cupcakes continue cooling.
9. Frost cupcakes using a piping bag or a sealable baggie (like a Ziploc) with one corner cut off.
10. Decorate with more sprinkles!
11. Enjoy immediately or freeze (no preservatives).

## Sugar-free Lemon Cupcakes

Lighten it up with these sugar-free lemon cupcakes! These pair perfectly with cream-cheese frosting. For a little extra punch, add strawberries to your frosting for a pink-lemonade twist on this tasty recipe! Adapted from Low Carb Maven.

### Ingredients:

- 2 ounces cream cheese, soft
- 2 ounces butter, soft
- 1/3 cup Pyure Organic All-Purpose Stevia Blend
- 1/2 tsp vanilla extract
- 1/4 tsp lemon oil
- zest from 1 lemon
- 1/2 cup coconut flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3 large eggs (cold)
- 1/4 cup heavy cream
- 1 tbsp. lemon juice

### Instructions:

1. Preheat the oven to 350°F. Position the rack to the middle of the oven. Zest and juice the lemon. Line a 6 well muffin pan with cupcake liners. In a small bowl whisk the coconut flour, baking powder, and salt together to break-up any lumps. Add the lemon juice to the heavy cream.
2. In a medium bowl, beat the first 6 cupcakes ingredients until light and fluffy (1-2 minutes). Add one egg and beat into the butter mixture until the mixture is light and fluffy (it may break or separate, it's okay). Add 1/3 of the dry ingredients and mix until completely incorporated, making sure to keep that light, fluffy texture. Keep in mind that we want a light and fluffy – almost mousse-like texture throughout this process.
3. Add another egg and beat until fully combined. Then, add half of the remaining dry ingredients, beating again. Add the last egg, beating until fully incorporated, followed by the last of the dry ingredients. Finish by adding the heavy cream, beating until the batter is thick, but still light and fluffy.
4. Spoon the thick batter into a plastic zip-loc bag and snip off a corner, producing about a 3/4-1 inch hole. Place the snipped corner into a muffin liner and squeeze the batter into a fat, rounded mound, filling the muffin liner about 3/4 full. Repeat for each muffin

liner, adding any remaining batter to those that need a little more. Knock down any peaks with your finger. Lift the pan a few inches off the counter and let it drop.

5. Place the pan into the oven. Turn the oven up to 400°F for 5 minutes. Then, turn the oven back to 350°F and bake the lemon cupcakes for 15-20 minutes more. They're ready when they feel firm when lightly pressed with a finger, but still sound moist. Remove from the oven and let cool five minutes before gently removing from the pan and placing on a cooling rack to cool completely before frosting.