



Vanilla Protein Cupcakes with Superfood Berry Frosting

We planted some flowers in these plant-based protein cupcakes. How very "spring" of us! For the ombre effect we varied the amount of Daily Good Berry (<https://aloha.com/shop/product/daily-good-greens-berry>) in our homemade frosting. Making beautiful desserts has never been healthier!

Makes 12

Ingredients

Protein Cupcakes

- 1 1/2 cups oat flour
- 1 teaspoon vanilla extract
- 1 cup almond milk
- 3/4 cup honey or sweetener of choice
- 1 serving ALOHA Vanilla Protein (<https://aloha.com/shop/product/protein-vanilla-tower>)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1/4 cup coconut butter

Superfood Berry Frosting

- 1/2 cup plain yogurt of choice
- 1/4 cup coconut butter
- 1/4 cup honey or sweetener of choice
- 2 packets ALOHA Daily Good Berry (<https://aloha.com/shop/product/daily-good-greens-berry>)
- Optional: violets as (edible) decorations
- Optional: 1/2 serving ALOHA Vanilla Protein (<https://aloha.com/shop/product/protein-vanilla-tower>) + 1/4 cup almond milk

Preparation

1. Preheat oven to 375°F. Line a muffin tin with muffin liners, or grease with the oil of your choice. Set this aside.



2. In a medium bowl, blend all of the dry ingredients. Then add in the milk, vanilla, and honey. Mix well. Soften the coconut butter, if necessary, by lightly heating it on your stove in a small saucepan or in your microwave for 30 seconds. Mix the softened coconut butter and eggs into your batter. Blend until the batter is a smooth consistency.
3. Fill each muffin cup with about three tablespoons of batter. Bake for 15 to 20 minutes, or until the edges turn golden brown.
4. For the frosting, mix all of the ingredients together in a medium bowl. To create an ombre effect, separate the frosting into three bowls and add one teaspoon of the ALOHA Daily Good Berry to one bowl, two teaspoons to another, and three teaspoons (or a whole packet) to the final bowl.
5. Once these cupcakes have cooled for about 10 minutes, spread the frosting on top. Garnish with edible flowers. Enjoy immediately or store in an airtight container for four to five days.

Photo Credit: Kent Rogowski



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