



## *2P cupcakes (makes 16)*

Equipment: Mini chopper or blender

Ingredients:

### WET

- 1 cup steamed/boiled pumpkin
- 1 pear (chopped in a mini chopper/ blender)
- 1 ladyfinger or small banana (mashed)
- 2 eggs
- 1 tablespoon honey
- $\frac{1}{3}$  cup coconut oil
- $\frac{1}{2}$  teaspoon apple cider vinegar

### DRY

- $\frac{1}{2}$  cup mixed nuts (crash in a mini chopper or blender)
  - almond, walnut, cashew, macadamia etc.
- $\frac{1}{3}$  cup coconut flour
- 1 tablespoon chia seeds
- $\frac{1}{2}$  teaspoon bicarb soda
- $\frac{1}{4}$  teaspoon each – allspice, cinnamon, nutmeg
- (Optional) 1 tablespoon sesame seeds / sunflower seeds
- Caramel sauce (optional)
- $\frac{1}{4}$  cup coconut cream
- 2 tablespoons coconut sugar
- 2 tablespoons cacao butter



Direction for sauce

Heat all ingredients in a pot and stir all the time until it becomes desired consistency.

Direction for cakes

- 1) Heat the oven to 170 degree. Mix all dry stuff.
- 2) Mix all wet stuff apart from oil and vinegar
- 3) Mix 1) and 2) well and add vinegar & oil – mix well.
- 4) Pour into cups and bake for 20 -25 mins.