

# Coconut Cupcakes

*A trendy and delicious treat ready for the holiday season!*

Ingredients (12 little cupcakes):

- 100 g – 3/4 cup coconut flour (100%)
- 1/4 teaspoon baking powder
- 1 cup egg whites – (approx. 7 eggs)
- 1 egg
- 200 g (to 250 g) – 1 cup water or almond milk
- Optional: 1/10 organic honey
- Cinnamon



Directions:

Put all the ingredients together in a bowl and mix. Wait 10 minutes and mix it all again. Put the mixture in a tin for cupcakes. Put it in a pre-heated oven at 180 °C for 45 to 60 minutes

Nutritional facts (1 cupcake):

- Energy: 33 kcal
- Protein: 3 g
- Carbohydrates: 2.3 g (sugar 2.3g)
- Fat: 1.3 g (saturated 1.3 g – which are 70% Medium Chain Triglycerides)
- Fiber: 5 g