



Makes 12 cupcakes
Cook Time: 2 hours

INGREDIENTS:

CUPCAKES

$\frac{3}{4}$ cup unsweetened, unflavored plant-based milk
 $\frac{3}{4}$ cup pure maple syrup
 $\frac{1}{4}$ cup pure vanilla extract
1 tablespoon apple cider vinegar
1 tablespoon ground flaxseed
1 cup oat flour
 $\frac{3}{4}$ cup sorghum flour
 $\frac{1}{2}$ cup almond flour
1 teaspoon baking powder
1 teaspoon baking soda
 $\frac{1}{4}$ teaspoon sea salt

FROSTING AND GARNISH

$\frac{3}{4}$ pounds white sweet potatoes, peeled and cut into large pieces
 $\frac{1}{4}$ cup pure maple syrup
1 tablespoon tahini
1 tablespoon pure vanilla extract
2 kiwis, cut into half-moon slices
4 small strawberries, halved
 $\frac{1}{4}$ cup blueberries

Fruit-Topped Vanilla Cupcakes

These wholesome homemade cupcakes are subtly sweet and delightfully moist. (They also happen to be gluten-free.) The secret ingredient in the creamy vanilla frosting is white sweet potato.

By Darshana Thacker Wendel

- 1 Preheat the oven to 335°F. Line a 12-cup muffin tin with 12 paper liners.
- 2 In a mixing bowl, combine milk, maple syrup, vanilla, vinegar, and flaxseed.
- 3 In a separate bowl whisk together the flours, baking powder, baking soda, and salt.
- 4 Add the wet mix to the flour and mix well.
- 5 Evenly divide the batter between 12 cupcake molds.
- 6 Bake 30 to 35 minutes or until a toothpick inserted in the center of a cupcake comes out dry.
- 7 Transfer cupcakes to a cooling rack and let cool completely.
- 8 For frosting, place yam pieces in a steamer basket in a saucepan. Add water to saucepan to just below basket. Cover pan and steam sweet potato 20 minutes, or until very tender. Let sweet potato cool; then transfer to a food processor. Add maple syrup, tahini, and vanilla. Process until smooth and creamy.
- 9 Transfer frosting to a piping bag, and pipe onto the tops of cooled cupcakes.
- 10 Chill cupcakes in the fridge for an hour or until ready to serve.
- 11 Just before serving, decorate tops of cupcakes with fresh fruits.