



Makes 12 Cupcakes
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

2 ounces unsweetened chocolate
(non-dairy)

1 cup unsweetened plant-based
milk

1 teaspoon apple cider vinegar

$\frac{2}{3}$ cup dry sweetener (such as
sukanat, date sugar and maple
sugar)

$\frac{1}{4}$ cup unsweetened applesauce

1 teaspoon pure vanilla extract

1 cup whole wheat pastry flour,
or spelt flour

$\frac{1}{3}$ cup cocoa powder, either
Dutch-processed or regular
unsweetened

$\frac{3}{4}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

1 batch [Fudgy Chocolate
Frosting](#)

Double Chocolate Cupcakes

These are rich and delicious chocolate cupcakes—what more do you need to know? The frosting is made with dates and gets surprisingly fudgy. You can top each cupcake with a berry to make them extra special.

From *Forks Over Knives – The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Isa Chandra Moskowitz

- 1 Preheat the oven to 350° F. Line a 12-cup muffin pan with silicone liners or have ready a nonstick or silicone muffin pan.
- 2 To melt the chocolate, use a double boiler or simply take a small sauce pan and fill half way with water. On top of that place a small sauté pan. Fill the sauté pan with chocolate and bring the water to a boil. Use a rubber spatula to mix the chocolate as it melts. Once melted, remove from heat and let cool for 5 more minutes, stirring occasionally. Set aside. (Alternatively, you can also melt the chocolate in a small bowl in the microwave.)
- 3 In a large bowl, whisk together the plant-based milk and vinegar. Let it sit for a few minutes, until curdled. Stir in the dry sweetener, applesauce, vanilla, and melted chocolate.
- 4 In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder, and salt. Add the mixture to the wet ingredients, one half at a time, and beat until no large lumps remain.
- 5 Scoop the batter into the prepared pan, filling each cup three-quarters full. Bake for 18 to 20 minutes, or until a toothpick inserted into the center comes out clean.
- 6 Remove the pan from the oven and let the cupcakes cool for at least 20 minutes, then carefully run a knife around the edges of each cupcake to remove. The cupcakes should be completely cool before frosting with the [Fudgy Chocolate Frosting](#)