



No Bake German Chocolate Cupcakes

Recipe created by Carlene McIntyre

I created this recipe to celebrate World Vegan Chocolate Day. It's also free of sugar, oil, salt (SOS-free) and gluten-free.

Ingredients

Bottom layer:

- 1 cup walnuts
- 1 cup unsweetened shredded coconut
- 1 cup gluten-free rolled oats
- 2 cups pitted dates, soaked in water until softened, then drained

Middle layer:

- 2 cups gluten-free rolled oats
- 1 ½ cups pitted dates, soaked in water until softened, then drained
- ½ cup cacao powder (or cocoa powder)
- ¾ cup unsweetened plant milk

Top layer:

- 1 cup walnuts
- 1 cup unsweetened shredded coconut
- 1 ½ cups pitted dates, soaked in water until softened
- ½ cup unsweetened plant milk

Preparation

Bottom Layer:

1. Add walnuts, coconut, oats, and dates in a food processor and process using the S-blade until the mixture sticks together and you can form a ball with it.
2. Using a 12-cavity silicone muffin pan, press the mixture into the bottom of each cavity.

Middle layer:

1. Add the dates to a food processor and process using the S-blade until a paste forms.



2. Add the remaining ingredients to the food processor and process using the S-blade until smooth.
3. Spoon the mixture over the bottom layer in each cavity.

Middle layer:

1. Add the dates to a food processor and process using the S-blade until a paste forms.
2. Add the remaining ingredients to the food processor and process using the S-blade until smooth.
3. Spoon the mixture over the middle layer in each cavity.
4. Refrigerate.
5. Top with fresh berries or other toppings if desired.

Notes

- I soften the dates used in the filling by soaking them in hot water for about 10 minutes, then drain off the liquid before adding them to the food processor.
- I leave these in the refrigerator for about an hour before popping the cupcakes out of the pan. Store any uneaten cupcakes in a covered container in the refrigerator.