

Rosanna's Vegan Chocolate Cupcakes

- 3/4 cups coconut milk
- 1 baked, garnet yam (soft)
- 1 1/2 cups of black beans or black lentils, soaked and cooked
- 1/4 cup raw unfiltered honey (or yacon syrup = lower glycemic)
- 3/4 cups raw coconut oil
- 1 tsp vanilla
- 1 1/2 cups nut flour (I blend almond and hazelnut)
- 1 cup Cacao powder
- 2 tsp baking soda
- 1 tsp aluminum free baking powder
- 1/2 tsp Himalayan salt
- 3/4 cups dates, chopped
- 1/4 cup walnuts, chopped

Preheat your oven to 350 and grease a 9 in spring form cake tin.

Or...I prefer making cup cakes, and filling the paper liners in a muffin pan.

Mix coconut milk, beans and yam in a food processor until smooth and creamy.

Transfer into a large bowl and add in the remaining ingredients, blend well.

Pour the batter into the prepared cake tin and bake for 50 minutes. If cooking cupcakes leave them in for only 20-25 minutes.

Once cooked allow the cake to cool completely before removing the tin and then store in the fridge. Serve with a dollop of "So Delicious" brand **culinary** coconut milk; it's thick like a whipped cream.

