



FORKS OVER KNIVES®

Double Chocolate Cupcakes | by Isa Chandra Moskowitz

From *Forks Over Knives – The Cookbook*

Makes 12 cupcakes



- 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 sucanat, 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 (recipe follows)

Instructions:

Preheat the oven to 350°F. Line a 12-cup muffin pan with silicone liners or have ready a nonstick or silicone muffin pan.

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.)

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. 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. 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. 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.

Fudgy Chocolate Frosting

Makes 1 cup

1 cup boiling water

1/3 cup unsweetened cocoa powder

1 1/2 cups dried, pitted dates, tough ends removed

1 tablespoon brown rice syrup

Pinch salt

1/2 teaspoon pure vanilla extract

Instructions:

Put the boiling water and cocoa powder in a blender. Blend on high speed for about 30 seconds, or until the mixture is relatively smooth. Scrape down the sides of the blender. Be careful not to let steam build up.

Add the dates, brown rice syrup, and salt to the blender. Blend until smooth, stopping occasionally to scrape down the sides of the blender with a spatula to make sure all the ingredients are incorporated. Add the vanilla and blend until combined.

Transfer the mixture to an airtight container. Let chill completely, for at least 3 hours, until it becomes firm and spreadable.

Tip: Spread the frosting onto cooled cupcakes with the back of a spoon or an offset spatula. You can also pipe the frosting with a pastry bag fitted with a wide metal tip.