



# Banana Cashew Cupcakes with Cashew Frosting

45 minutes

Hands on

10

Portion(s)

1

Difficulty



## Method

For the cupcakes

- Preheat oven to 180\* C (350\* F) Fan.
- Place the bananas in a bowl and mash them completely with a fork.
- Add the sunflower oil, cinnamon, nutmeg, vanilla, orange zest, orange juice and sugar.
- Whisk until the sugar dissolves completely.
- Add the flour and baking powder. Whisk until completely combined.
- Add the crushed cashews, and coarsely chopped couverture. Gently stir with a wooden spoon.
- Line 9-10 cupcake molds cupcake liners.
- Fill each one  $\frac{3}{4}$  of the way with the batter.
- Bake for 20-25 minutes.
- When ready, remove from oven and allow to cool before adding frosting.

For the frosting

- Beat the cashews and 1 spoonful of icing sugar in a blender or food processor, until completely ground.
- Transfer to a mixer and add the butter. Beat until completely combined.
- Transfer to a pastry bag and pipe over cupcakes.
- Sprinkle with chopped cashews.

## Ingredients

For cupcakes

- 2 bananas
- 30 g sunflower oil
- pinch of ground cinnamon
- pinch of ground nutmeg
- 1 packet vanilla powder
- grated zest of 1 orange
- 50 g orange juice
- 80 g granulated sugar
- 100 g all-purpose flour
- $\frac{1}{2}$  teaspoon baking powder
- 150 g cashews + extra for serving
- 100 g dark chocolate couverture, roughly chopped
- pinch of salt

For frosting

- 200 g icing sugar
- 100 g cashews
- 200 g butter

## Διατροφικός πίνακας

Nutrition information per portion

553 Calories (kcal)	36.0 Total Fat (g)	16.0 Saturated Fat (g)	49.0 Total Carbs (g)
28%	51%	80%	19%
36.0 Sugars (g)	7.5 Protein (g)	2.4 Fibre (g)	0.14 Sodium (g)
40%	15%	10%	2%