



Gluten Free Tahini Cupcakes

30 minutes

Hands on

6

Portion(s)

1

Difficulty



Method

We'd like to thank our member Mary Petrou for this delicious gluten free cupcake recipe, made with tahini, bananas and chocolate.

For the tahini sauce:

- Combine all of the ingredients in a bowl until smooth.

For the cupcakes:

- Preheat oven to 180* C (350* F) Fan.
- Combine the baking powder, cinnamon, nutmeg, chopped walnuts, and finely chopped couverture in a bowl. Set aside until needed.
- In a mixer, beat the tahini, sugar and vanilla with the whisk attachment until the mixture becomes fluffy.
- Add the orange juice and beat a little longer.
- Mash the bananas with a fork. Do not mash them completely. There should be some small pieces left.
- Add the mashed bananas to the tahini mixture.
- Last, add the flour mixture. Beat just until the mixture becomes wet and combined. Do not overmix.
- Line a 6 cup large cupcake pan with cupcake liners. Divide the mixture among the cups (about 1 heaping tablespoon for each).
- Bake for 20-25 minutes, at the most.
- When ready, remove from oven and allow to cool.
- You can serve them plain, dusted with caster sugar or with the tahini sauce.

Ingredients

For the tahini sauce (optional)

- 2 heaping tablespoon(s) tahini
- 2 heaping tablespoon(s) banana jam
- 1 level teaspoon(s) cocoa powder

For the cupcakes:

- 1 pinch salt
- 2 bananas
- 80 g tahini
- 80 g granulated sugar
- 50 g orange juice
- 100 g gluten-free flour
- 1/2 teaspoon(s) baking powder
- 1 pinch cinnamon
- 1 pinch nutmeg, ground
- 1 g vanilla powder
- 50 g chocolate couverture, finely chopped
- 50 g walnuts, (optional)

Διατροφικός πίνακας

Nutrition information per portion

336 Calories (kcal)	14.9 Total Fat (g)	3.8 Saturated Fat (g)	42.0 Total Carbs (g)
17%	21%	19%	16%
28.2 Sugars (g)	6.1 Protein (g)	3.5 Fibre (g)	0.18 Sodium (g)
31%	12%	14%	3%