

Carob Brownie Cupcakes

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(Melts in your mouth)

1 Cup whole wheat flour¹

1 Cup oat flour

1 Cup carob chips (or chopped walnuts)

½ Cup olive oil (extra virgin, first cold pressed; organic preferred)

1¼ c maple syrup (100% pure; organic preferred)

1 Teaspoon vanilla

2 Teaspoon lecithin (liquid or granulated)

²/₃ Cup coconut milk (or soymilk, or cashew milk)

1 Teaspoon salt

½ Cup carob powder

- ✓ Turn on oven and preheat to 375 deg. F.
- ✓ Stir together flour and carob chips.
- ✓ Blend remaining ingredients on high for 1 minute.
- ✓ Pour into flour and carob chips and fold together quickly.
- ✓ Divide batter evenly into cupcake pan. (Start with $\frac{1}{3}$ of a cup for each “cupcake” and adjust to preference and based your equipment.)²
- ✓ Bake at 375 deg. F for 15 minutes; then 350 deg. F for 15 minutes. (Do not over bake.)
- ✓ For **triple carob brownies**, top with your favorite carob pudding or carob fudge topping

¹ Best if sifted through a sieve.

² Optionally, you may use an 8 x 8 pan, oiled.