

Edible Perspective

4.5.12

Almond Flour Lemon Cupcakes [yields 10 cupcakes] adapted from [orange blossom cupcakes](#)

- 3c blanched almond flour
 - 1/4c coconut oil, melted
 - 1/2c raw honey
 - 3 eggs
 - 2t vanilla extract
 - 2t lemon extract
 - 2t lemon zest
 - 1/2t salt
 - 1/2t baking soda
1. Preheat your oven to 325* and position a rack in the center. Line a cupcake pan with 10 cupcake liners.
 2. In a large bowl, mix the dry ingredients.
 3. In a large bowl, whisk together the eggs, honey, melted coconut oil, vanilla, lemon, and lemon zest until smooth.
 4. Combine the wet with the dry and stir with a wooden spoon until just combined. It should result in a thick, pourable batter.
 5. Empty batter evenly into the lined cupcake tin.
 6. Bake for 23-27min, until a toothpick comes out clean and they are golden brown on top.
 7. Remove from the pan and let fully cool before frosting.

notes: You want to be sure and use blanched almond flour and not almond meal. You can make this at home [or buy it pre-ground] in a high speed blender or food processor using raw blanched almonds. Only blend about 3/4c of a cup at a time and scrape the sides as needed until very fine. Be careful not to over process as the mixture will start to turn into nut butter. It heats slightly when you grind, so make sure to let it cool a bit before storing in a sealed container in the fridge.

Blueberry Whipped Cream Frosting

- 1c heavy whipping cream
 - 4oz cream cheese [full fat]
 - 1/2c blueberries
 - 6T raw honey
1. In a small saucepan over medium heat, add the blueberries and honey and bring to a boil.
 2. Reduce heat to simmer for 6-8min. Stir frequently.

3. Pour in a bowl and set in the refrigerator until completely chilled.
4. In a cold metal bowl, whip the whipping cream until stiff peaks form [I used the whisk attachment with a hand mixer]. Refrigerate for 15min.
5. In another bowl, beat the cream cheese until smooth and creamy.
6. Add the whipped cream to the cream cheese and whip until fully combined and stiff.
7. With an immersion blender [or regular blender should work] blend the blueberry honey mixture until smooth.
8. Whisk the blueberry mixture with the cream mixture until fully combined.
9. Refrigerate for at least 15min before spreading on fully cooled cupcakes.
10. Keep cupcakes refrigerated once frosted.

notes: This is a very soft frosting. I don't think it would work well for a layer cake because of how soft it is. If you want to stiffen it up, you can always use [powdered sugar](#) instead of honey and add more until desired sweetness and consistency is reached. If the 6T of honey is not sweet enough for your taste buds, I would use powdered sugar instead of more honey to sweeten. Avoid using frozen blueberries, as it may make the mixture too wet.