

GAPS Cupcake Recipe

Suggested word count: 800-900

Looking for a way to celebrate and stay on your GAPS journey? Look no further than my favorite GAPS cupcake recipe.

This recipe is not only easy to bake from scratch, but it is free of any toxins that you may be working on to rid your body of. It is the perfect addition to any celebration and one I use for my family all year round.

This GAPS cupcake recipe is one of our favorites and definitely a must try.

Looking to make your own GAPS cupcakes? Keep reading to learn how...

H2: GAPS Cupcake Recipe

It is a common misconception that when you decide to implement a diet like the GAPS diet that you have to eliminate all of your favorite tasty treats. Luckily, that simply isn't true!

There are plenty of reasons to have a cupcake. Whether it's time to celebrate at a birthday party, graduation, or just a Tuesday night craving. We have all been there, which is why I always keep this recipe handy.

While this recipe is a GAPS approved vanilla cupcake recipe, you can easily make it chocolate by adding in 1 tablespoon of cocoa powder.

Both taste amazing and your family will be begging for them during every celebration throughout the year.

H2: Tips in making GAPS cupcake recipe

If you look around online, there can be some misinformation on what baked goods are GAPS diet approved. This recipe, however, is approved by Dr. Natasha

- Does NOT contain commercial coconut flour. Instead, use coconut butter
- Even if it's for a few minutes, soaking the dates in water will help expand their flavor and add even more sweetness to this cupcake recipe.
- If you don't have access to a blender, a food processor is an ideal substitute.
- To help you reduce toxin exposure, try to purchase [natural cupcake liners](#)

- Always double check the ingredients with what is allowed on your GAPS stage! If you are in the early stages of the GAPS diet, you will need to remove the egg whites and just use the yolks.

Ready to make some yummy GAPS cupcakes? Keep reading for my favorite recipe...

H2: How to make a GAPS cupcake recipe?

This cupcake recipe is so simple and delicious, you will be wondering where its been your whole life. It is as easy as throwing a few ingredients and baking for half an hour!

You will be looking for reasons to celebrate with this GAPS cupcake recipe!

Ingredients

- 2 cups coconut butter (also known as coconut manna)
- 4 dates soaked in water
- ½ cup shredded coconut
- 10 eggs
- 1 tsp mineral salt
- 1.5 tsp of baking soda
- 2 tsp vanilla extract
- 2 tsp cinnamon (optional)

Instructions

1. Place the jar of coconut butter in a pot of warm water to melt the coconut butter, stirring occasionally. Once melted, add to the blender
2. While coconut butter is melting, preheat oven to 300 degrees
3. Add dates to the blender and blend until smooth
4. Add remaining ingredients to blender and blend
5. Once smooth, scoop the cupcake batter into the cupcake liners so that they are ¾ full
6. Bake for 30 minutes
7. Let cool before decorating and enjoy!

H2: How long does it take to finish the cupcakes?

One of my favorite things about this recipe (aside from the amazing taste) is how quickly you can bake your own cupcakes!

In less than an hour, you can have this GAPS cupcake recipe prepared and baked.

For me, that's quicker than a trip to the market!

H2: What is the ideal temperature in baking cupcakes?

Traditional cupcakes call for an oven temperature around 350, but since the ingredients for this cupcake recipe are unique, the oven should be preheated at 300.

H2: How to prevent cupcakes from breaking apart?

In this recipe, the ingredient that binds the rest of them together is the eggs. Traditional cupcake recipes have other ingredients that work together to prevent breakage, which is why this recipe calls for more eggs.

Another way to help prevent your GAPS cupcakes from breaking is to cool down the cupcake before you begin decorating. Place them in the fridge for 30 minutes or let them sit on the counter for a few hours. That way, when you apply any frosting to your cupcakes, they won't crumble.

H2: How long does a cupcake last?

If you happen to have leftover cupcakes (and that's a big if), the cupcakes will last for up to a week.

Keep reading to learn how to store cupcakes...

H2: How to store cupcakes?

Storing cupcakes in an airtight container is important if you don't want your dessert going stale.

If you find yourself making this recipe often and bringing them to friends and family, it might be worth investing in a [cupcake storage container](#).