

Rose and Cardamom Cupcakes

By [Michelle Gerrard-Marriott](#)

For the cupcakes:

- $\frac{3}{4}$ cup nut milk, I love flax and macadamia
- $\frac{2}{3}$ cup sugar
- 3 tbsp coconut or sunflower oil
- 2 tsp vanilla bean paste/extract
- 1 $\frac{1}{4}$ cup gluten free 1-1 flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp cardamom
- 1/2 teaspoon rose water I get mine from @garaskincare it's edible and divine
- $\frac{1}{2}$ tsp baking powder

For the buttercream:

- $\frac{1}{2}$ cup cold vegan butter- cold
- $\frac{1}{3}$ cup cold vegan shortening
- $\frac{1}{2}$ tbsp coconut cream (optional, but makes the frosting fluffy)
- 1 tsp vanilla bean paste/extract
- $\frac{1}{4}$ tsp rose water
- 2 cups powdered sugar
- 2 tbsp dried rose petals for topping cake
- Sprinkle of cardamom

Get cooking:

1. Preheat your oven to 350F. Grease a silicone muffin dish.
2. In a mixing bowl combine the nut milk, sugar, vegetable oil, and vanilla and whisk to combine. Then, use a flour sifter to slowly add in the dry ingredients including the gluten free flour, salt, cardamom, baking powder, and baking soda. Whisk together until a smooth batter forms.

3. Next, fill each cupcake liner $\frac{3}{4}$ of the way full with batter. Place the tin of cupcakes into the oven and bake for 22-25 minutes until cooked through.
4. Remove the cupcakes from the oven and let cool in the baking tray for 5 minutes before removing. Then, carefully remove the cupcakes and let cool completely before frosting. Really let them cool or the buttercream will melt!

For the buttercream:

1. While the cupcakes are cooling, make your frosting. Add the vegan butter, shortening, and coconut cream to a mixing bowl and use a mixer to beat until light and fluffy, stopping to scrape down the sides as needed.
2. Once whipped, add in the rose water and vanilla and whip about 30 more seconds to combine. As a last step, turn down the speed and slowly add the powdered sugar until a creamy, decadent buttercream forms.
3. Add the frosting to a piping bag and frost your cupcakes. Top with the dried rose petals and a sprinkle of cardamom for the perfect touch of beauty.

Devour!



