



Chocolate Banana Almond Cupcakes

From DiabeticKitchen.com

INGREDIENTS

- 1-cup almond butter (see note below)
- 2 ripe bananas, mashed (about 1 cup)
- 2 eggs, lightly beaten
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- ½ tsp. sea salt
- ¼ cup VitaFiber (see note below)
- 15 drops Liquid Stevia
- ¾ teaspoon Cinnamon
- 3 tablespoons cocoa powder

METHOD

- Preheat oven to 350 F. Prepare a 12-cup muffin tin with two liners in each cup. Set aside.
- In a medium bowl, combine the banana, eggs, and almond butter until well combined. Add all the remaining ingredients.
- Distribute the batter equally in the cupcake. They will be approximately ¾ full, using a 1/4-cup measurer to place batter in each cup.
- Bake for 15-16 minutes at 350F. Cupcakes will have risen and be fluffy.
- Place cupcake tin on a wire rack to cool for 10 minutes. Then remove from the tin and place the cupcakes on the wire rack to finish cooling before icing with Whipped Cream. (Recipe below)

DK NOTES

VitaFiber™ is a sweet natural fiber, is non-GMO, sugar-free and gluten-free. [VitaFiber™-IMO](http://VitaFiber.com) is the brand names for a health sweetener called isomalto-oligosaccharide (IMO). VitaFiber™ is available as a syrup or powder.

I use freshly ground nuts from my local store. If you don't have that option make sure that there is nothing else but nuts in your jar of nut butter. Read the label. You might be surprised what you find. You can make these with almond butter or peanut butter. The almond butter is subtler. If you have a nut allergy, Sunbutter (sunflower seed butter) will be a great substitute.

Don't frost cupcakes until you are about ready to serve. The whipped cream may "deflate" over time, or melt if cupcakes are still warm. Still tastes fabulous.

You can also make these in your donut pan. Perfect!

Whipped Cream Topping/Frosting

- 1/2 cup Heavy Whipping Cream (Organic Valley)
- 6 drops Liquid Stevia

METHOD

If you have an iSi mini whip, use it! Mix the cream and stevia and follow the directions for the mini whip. The great thing is anything you don't use, you can put back in the refrigerator and use it for a different recipe.



NUTRITIONAL INFORMATION:

(cupcake with almond butter)

Calories 165 | Fat 12g | Carbs 14g
Fiber 8g | Sugar 3g | Protein 6g

NUTRITIONAL INFORMATION:

(whipped cream topping)

Calories 33 | Fat 4g | Net Carbs 0g



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If you are doing it with your mixer, place the ingredients in the mixing bowl and beat until firm peaks. You can pipe it, dollop it, spread it or use your iSi to frost your cupcakes.

Garnish your cupcake by sprinkling with cinnamon.

FOODS THAT HEAL IN THIS RECIPE:

Cinnamon - Cinnamon is high in polyphenols, which may help lower glucose levels in those who have Type I and Type II diabetes. It is also thought to reduce the risk of developing heart disease, important to diabetics who are at higher risk for the disease.

Almonds - If you want to minimize your hunger, almonds are a great food to turn to. Chock full of healthy fats, this food will keep your blood sugar levels stable so that you can feel energized all day long. This nut can also help to control the amount of insulin secretion experienced, as found by a study in the *Metabolism Journal*. Almonds are a terrific source of manganese, vitamin E, magnesium, tryptophan, as well as copper and will help to promote good heart health too.

Bananas - Bananas are a fruit that some diabetics fear as they do tend to be higher in carbohydrates than other fruits, but there are many benefits to including these in your diet that you should consider. First, bananas are very rich in pro-vitamin A, which can help to protect against health problems such as cancer, cardiovascular disease, as well as diabetes. In addition to this, bananas are very rich sources of potassium, which is a nutrient that's very beneficial for helping to lower blood pressure and promote strong bones.

