



“Allergen-Free” Chocolate Cupcakes

As you can see, this is a very unique recipe: Egg-free, Dairy-free, Wheat-free/gluten-free, AND soy-free. It does still have some sugar, though, so they are delicious as well as healthy.

I received this recipe from a mommy-friend of mine, but I don't know where she got it from. I've made a few changes to the notes, but the ingredients are the same.

For non-chocolatey cupcakes, instead of adding the cocoa powder maybe you could just add a little extra white rice flour? I have had a hard time finding allergen-free cake recipes that are not chocolate-flavored... I expect the reason for this is that these alternative flours tend to be a little wheat-colored and a little less appetizing to view. But, once there's some dairy-free icing on top, who cares?? :)

2 C white rice flour
1 C sorghum flour
1 C casein-free cocoa powder (Scharffenberger)
1 tsp kosher salt
2 tsp baking soda
2 tsp xanthan gum
1 C sugar (granulated)
1 C canola oil (vegetable oil is soy-based)
1 C rice milk (milk or soy milk ok if not allergic)
1 C HOT water
3T Banana baby food (or banana/apples/pears)(replaces eggs)

1. Preheat oven to 350.
2. Mix all dry together in large bowl.
3. Add wet ingredients and blend together well.
4. Fill cupcake liners ½ to 2/3 full. Yield will be 24 to 42 cupcakes, depending on amount in each cup.
5. Bake 15 to 25 minutes, checking after first 15 minutes (can overbake quickly). Cakes may rise up tall then sink in the middle while cooling. This is normal.

These cupcakes are tasty, but a little heavier than normal chocolate cupcakes. They have a great “toasted oatmeal” kind-of flavor and a slight amount of grittiness, like corn muffins. Everyone who's tried one has loved them!