

## **Primal chocolate cupcakes with ganache icing**

*All the deliciousness without any guilt!*

*Makes 12 cupcakes*

### **Ingredients**

#### Cupcakes:

- ¼ cup coconut flour
- ¼ cup almond flour
- ¼ cup cocoa powder
- ¼ cup xylitol or erythritol
- ¼ teaspoon sea salt
- ¼ teaspoon bicarbonate of soda/baking soda
- 4 large eggs
- ¼ cup melted unsalted butter (about 65 grams)
- ¼ cup olive oil



#### Icing (dark chocolate ganache)

- 150 grams dark chocolate
- 100 ml fresh cream
- 1 tablespoon butter
- Method:
  - Melt chocolate and butter in a double boiler.
  - Heat cream in the microwave or pot on the stove.
  - Add cream to melted chocolate and stir quickly to create the ganache.
  - Allow to cool before icing cupcakes.

### **Method:**

1. Pre-heat oven to 160 degrees Celsius.
2. Line a 12 cup muffin tray with paper cupcake holders.
3. Put all dry ingredients in a bowl.
4. Add the wet ingredients and mix with electric beater for 3 minutes.
5. Spoon mixture into cupcake holders.
6. Bake on middle shelf of the oven for 10 minutes.
7. Decorate with some dark chocolate shavings or a fresh strawberry (or both) for the WOW factor (not that this cupcake needs any help in that department....).

