

# Paleo Chocolate Cupcakes

(grain-free, gluten-free, dairy-free)

Prep Time: 10 min Cook Time: 26 min Ready in: 36 min Yield: 14 cupcakes

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## Ingredients

- 3/4 cup + 2 1/2 tablespoons (104 grams) Dutch-process cocoa powder
- 2/3 cup + 2 tablespoons (80 grams) almond flour or almond meal
- 1 1/2 teaspoons baking powder (use paleo baking powder, if necessary)
- 1 teaspoon espresso powder
- 1/4 teaspoon salt
- 1/2 cup + 1 tablespoon (126 grams) coconut oil, melted
- 2/3 cup (213 grams) honey
- 1/2 cup + 2 tablespoons (160 grams) unsweetened applesauce
- 2 tablespoons coconut sugar
- 4 large eggs, room temperature
- 1 tablespoon vanilla extract
- for frosting: 1 or 1 1/2 batch paleo chocolate fudge frosting
- paleo decoration ideas: raspberries, strawberries, mini chocolate chips, homemade coconut sprinkles

## Directions

1. Preheat your oven to 350 °F (175 °C) and line a muffin pan (or two) with 14 liners.
2. In a medium mixing bowl, stir together the cocoa powder, almond flour, baking powder, espresso powder and salt. Set aside.
3. In a large mixing bowl, stir together the melted coconut oil, honey, applesauce, coconut sugar, eggs and vanilla. Add the dry mixture to the wet and stir just until combined.
4. Pour the batter evenly into the muffin liners, about 3/4 full.
5. Bake for 24-28 minutes. A toothpick inserted in the middle should come out mostly clean. A few moist crumbs or a little stickiness is okay, just not raw batter. These are super moist so if it comes out totally clean, they're probably overdone.
6. Let cool for 5 minutes and then remove to a wire rack to cool completely. These do not taste very good straight out of the oven. I recommend letting them sit for 2 hours and then frosting. When you refrigerate them, they become denser, the way brownies get when you refrigerate them. Can be kept at room temperature, unfrosted, for up to 3 days or can be refrigerated for up to 5 days.

## Notes

1. 1 batch of frosting will yield just enough for slightly more than 1 tablespoon of frosting per cupcake, which isn't very much for frosting lovers. You may want to do 1 1/2 batches or even a double batch if you want to frost the cupcakes more generously. I used about 1 1/2 tablespoons (1 1/2 batches) of frosting on mine.