

Keto Easter Cupcakes

Hands-on 15 minutes Overall 45-55 minutes

Nutritional values (per serving): Total carbs: 4.7 g, Fiber: 2.1 g, **Net carbs: 2.6 g,**

Protein: 6.4 g, Fat: 27.9 g, Calories: 286 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 12 cupcakes)

Cupcakes:

- 1 1/2 cup [almond flour](#), ground [almonds](#) (150g / 5.3 oz)
- 1/3 cup fine [coconut flour](#) (40g / 1.4 oz)
- 4 large eggs (free-range or organic)
- 1/2 cup [extra virgin coconut oil](#) or unsalted or butter (110g / 3.8 oz)
- 1/4 cup full-fat, heavy cream (30-40% fat) or [coconut milk](#) (60 ml / 2 fl oz)
- 6 tbsp [Erythritol](#) (non GMO) or other healthy [low-carb sweetener from this list](#) (60g / 2.1 oz)
- 10-15 drops [liquid Stevia](#) extract (Clear / Vanilla / Coconut)
- 1 tsp [vanilla extract](#) or 1-2 [vanilla beans](#) (you can try my [recipe for vanilla extract here](#))
- 1/2 tsp salt
- 1/2 tsp [baking soda](#)
- 1 tsp [cream of tartar](#)
- 1/2 cup water

Cheese frosting:

- 2/3 cup full-fat cream cheese (160g / 5.6 oz)
- 1/4 cup [extra virgin coconut oil](#) or unsalted butter (55g / 1.9 oz)
- 1 tsp [Erythritol](#) (non GMO) or other "zero carb" granulated sugar substitute
- 2-4 drops [liquid Stevia](#) extract (Clear / Vanilla / Coconut)
- 1/2 tsp dried [turmeric powder](#) (for natural colouring)
- 1 tsp natural lemon or [vanilla extract](#) (optional)

Note: Instead of [baking soda](#) and [cream of tartar](#), which are acting as raising agents, you can use [gluten-free baking powder](#). Keep in mind that 1 tsp of baking powder is equal to 1/4 tsp of [baking soda](#) + 1/2 tsp [cream of tartar](#). When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 350°F (175°C). Crack the eggs into a bowl, add salt and whisk them well.
2. Add cream (or coconut milk), coconut oil (or butter) and vanilla extract. Melting the coconut oil will make blending easier. Just place it in a bowl and microwave on low for about 20-30 seconds.
3. You can either use vanilla bean and scrape the seeds out or natural vanilla extract. Make sure there is no sugar added.
4. Combine all the dry in ingredients in a bowl (almond flour, coconut flour, baking soda and cream of tartar). Add them to the bowl with the wet ingredients and use a mixer to get rid of any clumps of flour. *Note: Cream of tartar and baking soda act as leavening agents. This is how it works: To get 2 teaspoons of baking powder, you need 1/2 a teaspoon of baking soda and 1 teaspoon of cream of tartar. Other options for leavening agents are: 2 tsp gluten-free baking powder (or baking soda) + 2 tbsp apple cider vinegar.*
5. Add the cream (or coconut milk) and water. Coconut flour absorbs a lot of water and you will need to add about 1/2 cup of water. Don't put too much or the cupcakes will get too soggy.
6. Place paper liners in the muffin pan or simply use silicone muffin forms without the liners. Fill the cupcake liners to about 3/4 with batter. I used medium size cupcake liners.
7. Place in the oven and bake for about 20 minutes, or until a toothpick inserted in the center of a cupcake comes out clean.
8. The cupcakes need to cool down before you add any topping. Prepare the cheese frosting by scooping the cream cheese into a bowl and mix with coconut oil, Erythritol and Stevia.
9. Erythritol doesn't dissolve easily unless heated up. For a smoother texture you can blend it until powdered.
10. Optionally, you can add vanilla or lemon extract. Make sure it's clear if you want to keep the mixture white. For this reason, I

wouldn't recommend vanilla bean, as it will give it colour. I used natural lemon extract that only contains: alcohol, oil of lemon and water.

11. Place about 1/8 of the cheese mixture in another bowl and add the turmeric powder. This will add a nice yellow colour. Don't worry, this little amount will not affect the taste.

12. Use a spoon to spread the white cheese frosting on the cupcake and a teaspoon or decorator to add the "egg yolk" on the top.

Store the cupcakes covered in the fridge for a few days, if they last :)

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