

Chocolate Keto Blender Cupcakes

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per cupcake): Total carbs: 7.8 g, Fiber: 3.5 g, **Net carbs: 4.3 g,**

Protein: 6.3 g, Fat: 25 g, Calories: 260 kcal,

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



Ingredients (makes 10 cupcakes)

Cupcakes:

- 1/2 cup + 1 tbsp raw [cocoa powder](#) (50 g/ 1.8 oz)
- 2/3 cup [almond flour](#) (67 g/ 2.4 oz)
- 1/2 cup granulated [Erythritol](#) or [Swerve](#) (100 g/ 3.5 oz)
- 5 tbsp butter, [ghee](#) or [coconut oil](#), melted (75 ml/ 2.5 fl oz)
- 3 tbsp full-fat canned [coconut cream](#) or dairy cream (45 g/ 1.6 oz)
- 4 large eggs
- 1 1/2 tsp [gluten-free baking powder](#)
- vanilla seeds from 1/2 pod, or 1 tsp sugar-free [vanilla extract](#)
- 1/2 tsp sea salt

Frosting:

- 1 bar [90% dark chocolate](#) (100 g/ 3.5 oz)
- 2 tbsp powdered [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 3 tbsp full-fat canned [coconut cream](#) or dairy cream (45 g/ 1.6 oz)
- 1/2 stick butter or sustainable palm shortening (57 g/ 2 oz)
- Optional:* grated [dark chocolate](#) or cacao nibs for sprinkling

Instructions

- Preheat oven to 180 °C/ 355 °F (or 160 °C/ 320 °F fan forced).
- Add all the dry cupcake ingredients to a [blender](#), and then the wet. Turn the blender on to the lowest speed, and once starting to combine, increase to medium speed and mix until smooth.
- Scoop into a lined cupcake tin or silicone moulds, filling 3/4 of the way up.
- Bake 20 - 25 minutes. Once a skewer inserted comes out clean, the cupcakes are ready. Cool in pan for 10 minutes, then transfer to wire rack. Allow to cool completely.
- To make the frosting, melt the chocolate, erythritol, cream and butter to a small saucepan and heat over the lowest heat, stirring

constantly. (Note you can also do this in the microwave or a double boiler).

- Place in the fridge for around half an hour, or until it has started to thicken — you want a thick, frosting-like texture.
- Either spoon or pipe onto each cupcake.
- Best served at room temperature.
- Store in an airtight container for up to four days.

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