

Low-Carb Black Heart Halloween Cupcakes

Hands-on 30 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, cupcake): Total carbs: 8.5 g, Fiber: 3.5 g, **Net carbs: 4.9 g,**

Protein: 9 g, Fat: 34.7 g, Calories: 358 kcal,

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



Ingredients (makes 12 muffins or 24 mini-muffins)

Cupcakes

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/4 cup [coconut flour](#) (30 g/ 1.1 oz)
- 3 tbsp [black cocoa powder](#) (27 g/ 1 oz) or use [Dutch process cocoa powder](#)
- 1/2 stick unsalted butter (57 g/ 2 oz)
- 1/2 cup granulated [Swerve](#) (100 g/ 3.5 oz)
- 4 large eggs
- 1 cup full-fat 5% Greek yoghurt (250 g/ 8.8 oz)
- 1 tsp [gluten-free baking powder](#)
- 1/4 to 1/2 tsp sea salt
- 2/3 cup low-carb berry jam such as [Raspberry Chia Jam](#) or use [Low-Carb Cherry Amarenata](#) (160 g/ 5.6 oz)

Frosting

- 1 pack full-fat cream cheese (250 g/ 8.8 oz)
- 250 g unsalted butter (8.8 oz)
- 1/4 cup confectioner's [Swerve](#) or [Erythritol](#) (40 g/ 1.4 oz)
- 3 tbsp [black cocoa powder](#) (27 g/ 1 oz) or use [Dutch process cocoa powder](#)
- 2 tsp sugar-free [vanilla extract](#)

Instructions

1. Pre-heat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional).
2. Cream the butter and sweetener until light and fluffy using a stand mixer or hand beaters. Add the yoghurt and mix to combine. Add the eggs and beat well until combined.
3. Add the almond and coconut flours, the black cocoa, salt and

baking powder and mix on low until combined. Scrape down the sides of the mixing bowl occasionally.

4. Place liners into 12 muffin liners into your muffin tray and use a 1/4 cup measure to dispense the batter into each liner. Bake for 30 minutes and then leave to cool.
5. Meanwhile, soften butter and cream cheese slightly and whisk with your mixer until combined and fluffy. Add the black cocoa, sweetener and vanilla and whisk to combine. Spoon into a piping bag with your chosen nozzle and set aside.
6. When the muffins are cool, use a sharp knife to hollow a section out of the top. I find it easiest to do this as a cone, with the point in the centre.
7. Spoon a heaped teaspoon of chia jam into the well of each muffin.
8. Cut a thin slice off the top of each removed section of muffin and place it over the top of the jam as a lid. You will have a small amount of leftover muffin dough which you can just eat as it is.
9. Pipe your frosting on top of each muffin.
10. Store in the refrigerator, in a covered container, for up to 5 days. The centre of each muffin may get soft with time due to the moisture content of the jam. Remove muffins from the fridge and return to room temperature before serving.

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