

# Low-Carb Green Cupcakes

Hands-on 15 minutes Overall 40 minutes

**Nutritional values (per serving, 1 cupcake):** Total carbs: 5.5 g, Fiber: 2.3 g, **Net carbs: 3.3 g**,

Protein: 4.8 g, Fat: 22.4 g, Calories: 231 kcal,

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



## Ingredients (makes 12 cupcakes)

### Cupcakes:

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/4 cup [coconut flour](#) (30 g/ 1.1 oz)
- 1 tbsp powdered [psyllium husks](#) (8 g/ 0.3 oz)
- 1 1/2 tsp [gluten-free baking powder](#)
- 1/4 tsp [xanthan gum](#)
- 1/4 tsp sea salt
- 1/2 cup granulated [Erythritol](#) or [Swerve](#) (100 g/ 3.5 oz)
- 1/2 cup unsweetened [almond milk](#) (120 ml/ 4 fl oz)
- 2 large eggs
- 4 tbsp butter, melted (60 ml/ 2 fl oz)
- 1 tsp sugar-free [vanilla extract](#)
- 1 pack fresh baby spinach or equivalent amount of frozen and drained spinach (150 g/ 5.3 oz)

### Matcha frosting:

- 1 1/4 sticks butter, at room temperature (140 g/ 5 oz)
- 140 g cream cheese, at room temperature (5 oz)
- 1 1/4 cups [powdered Erythritol](#) or [Swerve](#) (200 g/ 7.1 oz)
- 1 tbsp powdered matcha (g/ oz)
- 2 tsp sugar-free [vanilla extract](#)

## Instructions

1. Preheat oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Add dry ingredients to a large bowl and mix well.
2. Add the almond milk, eggs, butter, vanilla and spinach to a blender and turn on blender at the slowest speed, then slowly increase to high speed, blending until you have a smooth green cream with no pieces.
3. Pour the wet mixture into the dry mix and stir until just combined.

4. Scoop into a cupcake tray lined with paper or silicone liners, filling 3/4 way up.
5. Bake 20 to 25 mins or until an inserted skewer comes out clean.
6. Cool in the pan for 10 minutes, then cool completely on a wire rack. Note that the tops may sink slightly — this is fine as you will be filling them with the creamy cupcake frosting.
7. To make the frosting, add the butter and cream cheese to a large bowl and beat with an electric stand mixer or hand held mixer on medium speed until combined.
8. Add the sweetener, a spoonful at a time, beating after each addition. Once it's all been added, continue beating until pale and fluffy, around 8 to 10 minutes. Add the vanilla and matcha powder and beat until combined.
9. Spoon in a piping bag and decorate each of the cupcakes using a star piping tip or any other piping tip. Alternatively you can simply use a spoon.
10. The cupcakes can be stored in the fridge for up to 5 days or in the freezer for up to 3 months.

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