

Black Bean Chocolate Cupcakes



Makes 9 Cupcakes



Ingredients

- ☐ 15 oz. cooked black beans
- ☐ 5 eggs
- ☐ 1 Tablespoon pure vanilla extract
- ☐ 1/3 cup plus 2 teaspoons unsalted butter
- ☐ 3/4 cup granulated sugar
- ☐ 1/2 teaspoon baking soda
- ☐ 1 teaspoon baking powder
- ☐ 1/3 cup plus 2 teaspoons cocoa powder

Directions

Preheat oven to 350F degrees. Light spray muffin tins with cooking spray or line with cupcake liners.

Using a blender, blend black beans, eggs and vanilla until completely liquefied with no lumps. In a mixing bowl, cream together the butter and sugar until light and fluffy. Add baking soda, baking powder and cocoa powder. Set aside.

Combine black bean mixture with butter mixture and beat until smooth.

Scoop batter into prepared muffin tins. Bake for 14-18 minutes or until inserted toothpick comes out clean. Cool 5 min. Remove from muffin tins; cool completely on baking rack.

Chocolate Frosting

- ☐ 3 Tablespoons melted butter
- ☐ 1 1/2 oz. Neufchatel cream cheese
- ☐ 1 1/3 cups powdered sugar
- ☐ 3 Tablespoons cocoa powder
- ☐ 1 1/8 teaspoons skim milk

In mixing bowl, cream together the butter and cream cheese until smooth. Add powdered sugar one cup at a time. Add the cocoa powder. Stir in the milk and mix well. Beat at high speed for about 30 sec.

Using about 2 Tablespoons of frosting, gently cover each cupcake with frosting. Optional garnish, sprinkle with colored sprinkles of your choice.