



MINNIE-RELLA

Valentine's Day CUPCAKES

~DAIRY FREE & GLUTEN FREE~

Have an adult help you with this activity.

You Will Need:

Cupcakes set #1

- 1/3 cup millet flour
- 1/3 cup brown rice flour
- 1/3 cup sorghum flour
- 1/3 cup tapioca starch
- 1/2 teaspoon baking soda
- 1/2 teaspoon guar gum
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Cupcakes set #2

- 3/4 cup warm coconut milk (vanilla or unsweetened)
- 1/2 cup organic applesauce
- 1/4 cup melted coconut oil
- 1/3 cup organic evaporated sugar cane juice
- 1/3 cup palm sugar
- 1 tablespoon vanilla extract

For the frosting

- 1 cup organic Earth Balance
- 4 cups powdered sugar
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 2 tablespoons coconut milk



Cupcake Directions:

- 1) Preheat oven to 350 degrees and set up greased muffin tins or oven safe muffin cups.
- 3) Whisk together all dry ingredients from set #1 in a mixing bowl. Whisk together all ingredients from set #2 in a separate bowl.
- 5) Combine and ingredients in one large bowl and mix together to create your batter.
- 6) Pour batter into your muffin tins (or cups) about 2/3 full.
- 7) Carefully place in oven and bake for about 30 minutes or until tops are baked and risen.
- 8) Carefully remove from oven. Let cool.

Frosting Directions:

1. Combine ingredients in a mixing bowl and beat together with an electric hand mixer for 3-8 minutes.
2. Put the frosting into a plastic bag, then cut one of the corners off to create a decorating tip, then apply the frosting to the cupcake in a circular motion.

DECORATE!



On Disney DVD February 11