

Chocolate Cupcakes GF/DF/EF/V

Yield 12 Muffins or 18 Patty cakes

Ingredients

1.5 cups GF Flour
3 tbsp Cocoa Powder
1 cup Caster Sugar
1 tsp. White Vinegar
1 tsp Baking Soda
1tsp Pure Vanilla
100ml Vegetable oil
1 cup water



Method

Preheat oven to 200 deg C

Sift all Dry ingredients, except Baking Soda, into a mixing bowl.

Make 3 wells in the flour mix. Add oil into one, water and Vanilla into the other, and combine the vinegar and baking soda into the third.

Mix with a whisk until smooth.

Portion into lined patty cake or muffin trays.

Bake for approx 13 minutes.

This recipe can be adapted to include, Fresh/defrosted berries dotted into the mix before baking, Adding in orange zest and juice for a jaffa flavor, adding a few drops of peppermint essence for a choc mint flavor- restricted only by your imagination.

You can also omit the cocoa powder and add in additional flour for a Vanilla Base.

This too can then lend itself to adding in Coconut, Spices (Making Vanilla Chai tea with the water part is delicious), Berries, citrus, choc chips- the options go on and on.

And finally of course- this recipe works very well with regular plain flour too- of you are not looking to exclude gluten.

The QAST (Queensland Association of School Tuckshops) guidelines suggest refraining from icing homebake as this takes the items from Amber/Green level through to a Red item. Whilst we appreciate that everyone enjoys sometimes foods- it is great to be able to offer our children a selection of healthier choices through the tuckshop on a regular basis.