

Caramel Cupcakes

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

These light cupcakes are a perfect sweet treat for anyone, but children especially love them. They're also quick to prepare and a good source of protein, potassium, and phosphorus due to the addition of fresh cashew milk.

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Ingredients

1 1/4 c
Fresh cashew milk*
1/4 c
Safflower oil
1/4 c
Eggless mayonnaise
1/2 c
Liquid fructose or corn syrup
1 tspn
Vanilla
1 tspn
Egg replacer powder
1/4 tspn
Salt
1 1/2 c
Unbleached white flour
2 tspn
Baking powder

--Caramel Sauce:
1/2 c
Fresh cashew milk*

1 1/2 c
Brown sugar
1 Tbsp
Safflower oil
1 Tbsp
Maple syrup
1 1/2 tspn
Vanilla
1 Tbsp
Water
1 Tbsp
Cornstarch mixed with 1 Tbsp. water

Instructions

1. Prepare the cashew milk as directed below and set aside. This is for both the cupcakes and the caramel sauce. Preheat the oven to 350°F. Oil a standard 12-cup muffin tray. Place 3/4 cup of the cashew milk in a medium bowl, reserving the remaining 1/2 cup for the sauce. Add the next 6 ingredients and whisk well together. Add the flour and baking powder and mix until just combined. Do not overmix.
2. Place the batter in the muffin tray, filling each cup half full. Bake for exactly 22 minutes. The edges should be brown and the tops golden and slightly cracked. Remove from the heat and cool for 5 minutes before removing from the tray.
3. While the cupcakes are cooling, prepare the sauce. Place the sugar, oil, maple syrup, vanilla, and water in a small saucepan on medium heat. Bring to a boil and simmer until the sugar is dissolved.
4. Slowly whisk in the cashew milk. Cook for 2 more minutes, then gradually add the cornstarch mixture and whisk until thickened to a thick syrup consistency. Remove from the heat and cool slightly before using.
5. Spoon 1 Tbsp. sauce evenly over each cupcake, allowing it to coat the sides and top, then repeat until all the syrup is used up. Let the cupcakes sit for at least 10 minutes before serving.

Notes

*Cashew milk: Blend 5 Tbsp. raw cashew pieces with 1 1/2 cups hot water until smooth. Strain through a fine strainer.

Nutritional Information Per Serving:

Calories: 225, Fat 8.5g (76 cal), Carbohydrate 35.2g (140 cal), Protein 2.1g (9 cal)

Added information: Saturated Fat 0.9g, Cholesterol 1mg, Sodium 152mg, Dietary Fiber 0.5g

Source URL: <http://www.wailana.com/lifestyle/recipe/caramel-cupcakes>