

For special occasion • **Valentine** •

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# heavenly coconut cupcakes



**THESE ARE SUPERB!** Your family and friends won't notice that they are eating a healthy, gluten-free treat!

1/2 cup coconut flour  
1/2 teaspoon sea salt  
1/4 teaspoon baking soda  
6 organic eggs  
1/2 cup grapeseed oil  
1/2 cup Agave nectar  
2 Tbsp vanilla  
1/2 cup unsweetened coconut flakes

Mix dry and wet ingredients in separate bowls, then add 1/4 cup coconut flakes to dry ingredients. Combine all ingredients and mix with hand mixer.  
Bake at 350° F for 20 minutes.

Makes 6 cupcakes

Once cupcakes are completely cooled, spread with frosting recipe [below] and sprinkle with coconut flakes. They have so much flavor you may not want to add the frosting!

## **FROSTING RECIPE .....**

3 Tbsp softened organic butter  
1/2 cup powdered sugar  
3 Tbsp rice milk  
1 Tbsp vanilla extract

Mix everything together with a spoon. [Add a little more rice milk if needed.] Sprinkle coconut flakes on top of frosted cupcakes.

Eat, enjoy, and be happy you just ate something **healthy** that tasted fabulous!