

Low FODMAP Lemon Coconut Cupcakes

Serves 12 (1 per serve)

Ingredients

- 90 gram quinoa flour
- 1 teaspoon gluten-free baking powder
- 210 g (1 1/2 cup) gluten free all purpose flour*
- 1/2 tsp guar gum (or xanthan gum)*
- 2 tsp baking powder
- 1/2 tsp salt
- 1 tbsp lemon zest*
- 115 g dairy free spread (olive oil spread or butter) (at room temperature)*
- 210 g (1 cup) white sugar
- 2 egg
- 1 tsp vanilla essence
- 38 ml (2 1/2 tbsp) lemon juice*
- 125 g (1/2 cup) coconut yoghurt*



Lemon Butter Icing

- 100 g dairy free spread (olive oil spread or butter)*
- 195 g (1 1/2 cup) icing sugar*
- 23 ml (1 1/2 tbsp) lemon juice*

Equipment

- Large mixing bowl
- Standard muffin tray (12 portion)
- Bamboo skewer

Method

1. Preheat the oven to 180°C (355°F) bake function. Grease a standard 12-muffin tin and set aside.
2. Combine the dry ingredients (flour, guar gum/xanthan gum, baking powder, salt and lemon zest) in a small bowl. Set aside.
3. In a large bowl mix together the dairy free spread (olive oil spread or butter) and sugar until well combined. Then whisk through the eggs and vanilla, once smooth add the lemon juice and blend. Next alternate adding the dry ingredients and the coconut yoghurt into the wet mixture, beginning and ending with the dry ingredients, mix until just combined.
4. Spoon the mixture evenly into the muffin cups, until each one is 2/3 full. Place in the centre of the oven and bake for about 25 minutes, until the tops are golden and a skewer inserted into the middle comes out clean. Allow to cool.
5. These cupcakes are lovely as they are or you can ice them. When you make the icing, make sure the dairy free spread (olive oil spread or butter) is at room

temperature, then combine with the icing sugar and lemon juice until smooth. Ice the cupcakes using a knife.

6. Enjoy one cupcake per serve. These cupcakes are best the day they are made, otherwise keep in an airtight container somewhere cool (like in the pantry not in the fridge) and for up to 3 days. If you are eating the cupcakes the next day, we recommend heating them in the microwave for 5 to 10 seconds (this will refresh them and make them light and fluffy again, although the icing will go a little bit melty).



Recipe created by Alana Scott, reviewed by dietitian Geraldine van Oord
<https://alittlebityummy.com/recipe/en-nz/low-fodmap-lemon-coconut-cupcakes-5/>