

## **Lucky Pluck Farm Cake/Cupcake Recipe**

**\*\*Please note, I do not use cup measurements and do not know what they would be. There are converters online that you could look at and may help you but I am a strict scale user for my baked goods for several reasons, the most notable being consistency and flour substitution.\*\***

(makes 12 regular sized cupcakes)

100 grams Starch (potato starch, tapioca starch, sweet rice flour, arrowroot)<sup>1</sup>  
150 grams Flour (sorghum, brown rice, white rice, teff, millet, buckwheat, etc)<sup>2</sup>  
250 grams Cane Sugar  
10 grams Psyllium  
7 grams Salt  
100 grams Apple Sauce  
150 grams Aqua Faba  
100 grams cooked Chickpeas  
¾ tsp Baking Soda  
1 tsp vanilla  
1 Tbsp Apple Cider Vinegar

1. Preheat oven to 350°F and get muffin tin ready.
2. Blend all ingredients except psyllium, vinegar and vanilla.<sup>3</sup>
3. Add in psyllium and blend again.
4. Add Apple Cider Vinegar and vanilla right before you are ready to put in oven. If you aren't blending in a high power blender, you may want to allow the ingredients to sit for a few minutes before adding vanilla and vinegar so the psyllium can start working.
5. Bake cake 30 minutes, cupcakes 15-20 minutes.
6. Remove and allow to cool completely. Frost and enjoy!

Times and temperatures may not be exactly the same as mine as we are at 1000 feet above sea level and in a cold temperate climate.

Published February 28, 2017.

Edited July 7, 2017.

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1 I have the best luck with Potato Starch

2 Sorghum and Brown Rice are my go-to, I haven't experimented with others at this time.

3 I have a high power blender that I use. You will need something that can blend the chickpeas.