

## Lucky Pluck Farm 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)

### Dry

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  
20 grams Psyllium  
7 grams Salt  
100 grams Apple Sauce  
¾ tsp Baking Soda

### Wet

250 grams Water (nut milk/milk likely works too – but haven't used personally)  
3 Tbsp Aqua Faba (alternatively, 1 egg)  
1 Tbsp Apple Cider Vinegar

1. Preheat oven to 350°F and get muffin tin ready.
2. Mix dry ingredients.
3. Mix in water and Aqua Faba.
4. Add Apple Cider Vinegar right before you are ready to put in oven. This recipe benefits from letting it sit a few minutes between mixing wet and dry ingredients and adding apple cider vinegar to allow psyllium to start working.
5. Bake 30 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.

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1 I have only used a blend of potato and sweet rice flour.

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