

### **Little Gluten-Free Gems**

These little gems are enormously satisfying and are perfect with a cup of chai or green tea. What's even better is that they are super easy to make!

Here's how:

1 – 1/4 cup \*Pamela's Mix

1/3 cup water

1/3 cup palm sugar, or Sucanat

1/4 tsp. stevia (green powder)

1 egg

1 tsp. vanilla extract

1/4 tsp. ground nutmeg

1/2 cup mashed banana

(\* *A gluten free product which can be purchased at a good health foods store*)

Coat 2 mini muffin baking trays with butter or coconut oil, or line with mini cupcake liners. Pre-heat oven to 350.

Mix the dry ingredients in a bowl. Whisk egg with the water and vanilla extract and mix well with the dry ingredients. Add in mashed bananas.

Spoon mixture into prepared trays; filling only 3/4 full as they will rise.

Bake for 15 – 18 minutes.

Now, for the chocolate frosting:

5 oz. dark chocolate (at least 70% cocoa), chopped

1/2 cup whipping cream

2 Tbsp butter

Melt cream and chocolate over a double boiler. When completely melted, add in the butter. Place in fridge to set for about 30 minutes. Spoon mixture into a piping bag and decorate your little cupcakes. Pipe some frosting into your mouth if you must. For a dairy free version, substitute the cream for coconut milk and delete the butter. Please note that the dairy free version will not be as firm.

Have fun baking! And have more fun eating them!

Original recipe by Karen Wang Diggs, Certified Nutrition Consultant + Therapeutic Chef

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