

Coconut Cupcakes

A trendy and delicious treat ready for the holiday season!

Ingredients (12 little cupcakes):

- 100 g – 3/4 cup coconut flour (100%)
- 1/4 teaspoon baking powder
- 1 cup egg whites – (approx. 7 eggs)
- 1 egg
- 200 g (to 250 g) – 1 cup water, or you can also use almond milk
- Optional: 1/10 cup organic honey
- Cinnamon



Directions:

1. Put all the ingredients together in a bowl and mix.
2. Wait 10 minutes and mix it all again.
3. Put the mixture in a tin for cupcakes.
4. Place it in a pre-heated oven at 180°C (350°F) for 45 to 60 minutes.

Nutritional facts (1 cupcake):

- **Energy:** 33 kcal
- **Protein:** 3 g
- **Carbohydrates:** 2.3 g (sugar 2.3 g)
- **Fat:** 1.3 g (saturated 1.3 g – which are 70% Medium Chain Triglycerides)
- **Fiber:** 5 g



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA