

★★★★★ AMERICAN COOKERY: Fairy Cakes

FAIRY CAKES!

The earliest book of recipes in which the term cupcakes first appeared was in 'Seventy-five Recipes for Pastry, Cakes, and Sweetmeats,' published in 1828! Its name derives from the use of molds and individual clay containers or cups. They are also called fairy cakes, due to their petite size. Here is a modern vegan take, with an olive oil from Spain twist and other goodies!

Enjoy!

VEGAN CHOCOLATE MATCHA CUPCAKES

These vegan chocolate matcha cupcakes bring a healthy and unique twist to an everyday classic. Matcha tea adds a unique green hue and brings along with it a deep, exotic flavor. This recipe is also low in refined sugar and high in fiber. The perfect treat!

INGREDIENTS

CHOCOLATE CUPCAKES

1 tbsp flax seeds + 2 tbsp water
1 1/4 cup spelt flour (or all-purpose flour)
1/4 cup cocoa powder
1/2 cup organic cane sugar
2 tsp baking powder
3/4 cup almond milk
1 tsp vanilla (extract)
1 tsp apple cider vinegar
1/3 cup olive oil from Spain
pinch of salt

FOR THE MATCHA FROSTING

1 2/3 cup (250g) cashews, soaked for 2 hours
1/2 cup olive oil from Spain, melted
1 tbsp of matcha powder
1/4 cup maple syrup
2 tbsp almond milk
1 tsp vanilla extract
pinch of salt

STEP BY STEP

MAKE THE FAIRY CAKES

Preheat the oven to 400F.

In a small bowl combine the flax seeds and water, then set aside for a few minutes. In a medium bowl, mix the flour, sugar, cocoa powder, baking powder, and salt. Stir the almond milk, vanilla extract, apple cider vinegar, and olive oil from Spain into the flax mixture.

Make sure it's well incorporated, then add the wet ingredients. Pour the mix in a tin and bake for 25 minutes (or use the toothpick trick).

Remove from oven and cool.

FROSTING

Drain and rinse the soaked cashews and add to a blender or a food processor, along with the remaining ingredients. Blend on high until smooth. Transfer the mixture to a bowl and place in the freezer for 30 minutes.

Remove and stir. The mixture should have a frosting like consistency. Place the prepared frosting in a piping bag. Pipe the cooled cupcakes and serve.



OLIVE OILS FROM
SPAIN