

Avocado Cupcakes

Come and get all the ingredients for your batter first. Once cupcakes have been started in your lab you may send someone up to get the frosting ingredients.

Cupcake Batter Ingredients:

- 1 Avocado
- Nonstick cooking spray
- Cupcake liners
- 1 ½ cups sugar
- 1 cup skim milk
- 2 teaspoons pure vanilla extract
- ½ teaspoon balsamic vinegar
- 2 large egg whites
- 2 cups all-purpose flour
- ½ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt

Directions:

1. Preheat the oven to 350 degrees
2. Spray the muffin tin with cooking spray, even if you are using liners.
3. Line the muffin tins with 12 cupcake liners
4. Cut the avocado in half, remove the pit, and scoop out the insides into the food processor.
Using the food processor; puree the avocado.
 - a. I only have 2 food processors and they are at the front of the room. Bring your avocado to the front completely ready with a rubber scraper and a dish to scoop the puree into.
5. In a large mixing bowl beat the avocado puree, sugar, milk, vanilla, and vinegar until smooth.
6. Add one egg white at a time and beat until incorporated.
7. Add the flour. Cocoa powder, baking soda, and salt, and mix until smooth.
8. Pour the batter into the muffin tin evenly among the cupcake liners.
9. Bake until the tops of the cupcakes are lightly browned and spring back to the touch, about 20 minutes. (use a toothpick to test the center of the cupcakes)
10. Remove cupcakes with liners and place on a cooling rack to cool.

WHILE YOU ARE WAITING FOR YOUR CUPCAKES TO COOL, MAKE YOUR FROSTING

Frosting ingredients & directions on the back

Cream Cheese Frosting

Frosting Ingredients:

- 1 (8ounce) package of reduced-fat cream cheese
- ½ stick of butter, softened
- 1 cup confectioners' sugar (powdered sugar)
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt. (basically, a pinch)

Frosting Directions:

1. Beat together the cream cheese, butter, sugar, vanilla, and salt until smooth.
2. Come to the front of the room and grab a zip lock bag with a frosting tip.
3. I will help you put the piping bag together
4. Frost the cupcakes
5. Enjoy!