



FLOURLESS CHOCOLATE CUPCAKES

PREP TIME: 25 MIN • COOK TIME: 15 MIN • YIELDS: 6 SERVINGS

INGREDIENTS

Chocolate Cupcakes

- 4 oz heavy cream or milk
- 4 oz semisweet chocolate, broken into small pieces (or use chips)
- 1 tsp Chinese five spice blend or pumpkin pie spice
- 2 eggs
- Cooking spray, as needed

White Chocolate Sauce

- 2 Tbsp fat-free milk
- 1/4 tsp vanilla extract
- 1/2 cup white chocolate chips

Garnish

- A handful of fresh blueberries or strawberries

DIRECTIONS

Chocolate Cupcakes

1. Preheat the oven to 325°F.
2. Coat muffin tin with cooking spray or use silicone muffin liners.
3. Over low flame, warm the heavy cream or milk in a heavy bottom saucepan. Slowly add the chocolate and stir over low heat until melted and combined.
4. Remove from heat and whisk in Chinese five spice blend.
5. Whisk eggs in a large bowl.
6. After the chocolate mixture is slightly cooled, slowly pour it into the whisked eggs. Use a spoon to add a small amount to begin with to temper the eggs so they don't curdle. Then slowly pour the remaining melted chocolate and cream mixture into the eggs while whisking.
7. Pour batter into muffin cups and bake for 15 minutes. Cool before serving.

White Chocolate Sauce

1. Heat the milk slightly (90°F) in the microwave, 15 to 30 seconds depending on power level.
 2. Stir in vanilla and white chocolate chips and mix until smooth.
- Serve the cold cupcakes with warm sauce; garnish with fresh blueberries or strawberries.

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

TIPS AND TOOLS:

- **Replace the heavy cream or whole milk with 2% or nonfat milk to reduce the fat and calories. Or use plant-based milk and chocolate chips to make the recipe dairy-free.**