



Enjoy a healthy
treat this month!



Desserts

Berry and Banana Cupcakes with Vanilla Frosting

Prep Time: 45 min.

Cook Time: 1 hr. 30 min.

Yields: 8 cupcakes

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INGREDIENTS

- ½ of a 12- to 14-oz. package extra-firm light silken tofu
- 2 tbsps pure cane sugar
- 2 tsps lemon juice
- ½ tsp pure vanilla extract, or seeds from half of a vanilla bean pod
- ½ cup mashed banana
- ⅓ cup unsweetened, unflavored plant-based milk; such as almond, soy, cashew or rice
- ⅓ cup pure maple syrup
- ¼ cup unsweetened applesauce
- 1 tbsp flaxseed meal
- 1 cup whole wheat pastry flour
- 1 tsp regular or sodium-free baking powder
- ¼ tsp baking soda
- ¼ tsp sea salt
- ½ cup fresh raspberries
- ½ cup fresh blueberries

CREAMY VANILLA FROSTING:

In a blender or food processor, combine the tofu, sugar, lemon juice and vanilla. Cover and blend until completely smooth. Refrigerate until ready to use.

CUPCAKES:

1. Preheat oven to 350°F.
2. In a medium bowl, combine the next five ingredients (through flaxseed meal). Let stand 5 minutes.
3. In a large bowl, combine pastry flour, baking powder, baking soda and salt. Add banana mixture; stir just until combined. Fold in ⅓ cup each of the raspberries and blueberries.
4. Spoon batter into eight 2½-inch nonstick muffin cups.
5. Bake 20 to 25 minutes or until a toothpick inserted in the centers comes out clean.
6. Cool in cups for 10 minutes.
7. Remove cupcakes from cups and cool completely on a wire rack.
8. Top cooled cupcakes with Creamy Vanilla Frosting and the remaining raspberries and blueberries.