
Gluten-Free Chocolate Zucchini Cupcakes

Cook Time: 25 min

prep Time: 10 min

total Time: 35 min

servings: 12

Ingredients:

110 g unsalted butter or refined coconut oil

1 ¼ cups (200g) raw unrefined coconut sugar

2 large eggs, room temperature

2 ½ tablespoons (40g) sesame tahini

2 cups (250g) coarsely grated zucchini

1 ½ teaspoons grated orange zest

1 teaspoon vanilla extract

½ cup + 2 tablespoons (100g) sorghum flour

1/3 cup (85g) sweet white rice flour

1/3 cup (45g) cocoa powder

1 ½ teaspoons baking powder

¼ teaspoon baking soda

¾ teaspoon salt

¾ teaspoon ground cardamom

2/3-3/4 cup (100g) coarsely chopped (60-70%) dark chocolate

Sesame Ganache:

¼ cup (60ml) canned coconut milk

2 tablespoons tahini

Full ½ cup (80g) dark chocolate (70% or higher), chopped

1-2 tbsp maple syrup or honey (optional)

Instructions:

1. Preheat your oven to 175°C/350°F. Prepare a muffin tin with 12 paper liners. Place the tin on a baking sheet and set aside.
2. Start by mixing the wet ingredients. Heat the butter or coconut oil in a small saucepan until just melted. Remove from the heat and pour into a large bowl. Add the sugar and mix. Then add the eggs and tahini and mix well until combined. Stir in the grated zucchini, orange zest, and vanilla, and set aside.
3. Mix the dry ingredients. Place the flours in a small bowl and sift in the cocoa powder. Whisk in the

salt, baking powder and soda, and ground cardamom.

4. Stir the dry ingredients into the wet, adding the chopped chocolate in the last few strokes, making sure no dry lumps remain. Transfer the batter evenly to the muffins cups, filling them almost to the top. You may end up with 14. If you don't plan to add the chocolate ganache, it would be nice to sprinkle about 1-2 tablespoons of coarse/raw sugar mixed with a 1/4 teaspoon of cinnamon over the top of the muffins.
5. Transfer to the oven and bake for 25-30 minutes rotating halfway through. The muffins will be done when a toothpick inserted into the center of the muffin tests moist but clean. Remove from the oven and allow to cool in the pan for 10 minutes before transferring to a cooling rack.
6. Serve the muffins slightly warm or at room temperature. Cool completely and store in a covered container for up to 3 days or in the fridge for longer.
7. To make the tahini ganache: Warm up the milk with the tahini and maple syrup until it just starts bubbling. Remove from the heat and add the chocolate. Wait for a minute and then stir – the chocolate will melt and blend nicely. Use immediately by drizzling over the cupcakes or store in the fridge for a thicker consistency and spread like a frosting. Sprinkle some sesame seeds and a dusting of cinnamon if you wish.