

AVOCADO RED VELVET CUP CAKES

150g granulated sugar	¼ tsp salt
1 ripe avocado peeled and stoned	60ml of milk
1 egg	4 tbsps natural yoghurt
2 tbsps red food colouring	Frosting
½ tsp clear vinegar	100g cream cheese
180g of self raising flour	30g softened butter
30g cocoa	170g icing sugar
½ tsp baking powder	1 tbsp cloudy honey
1/ tsp bicarbonate of soda	½ tsp vanilla extract.

1. Place ripe avocado and granulated sugar into food blender and blitz to paste.
2. Add the egg, red colouring, vanilla and vinegar and blitz again.
3. Sieve dry ingredients into large bowl, mix in the blended avocado mixture and then the milk and yoghurt and mix thoroughly.
4. Divide between cupcake cases and fill to 2/3 volume. Small cup cakes will cook in 15-16 minutes, larger cupcakes will take 22-25 minutes (as above).
5. Once cool make up frosting by beating together cream cheese, butter and honey then add sifted icing sugar until pipeable consistency.
6. Swirl onto cakes.



COOKING PASSION SINCE 1877

CIRCO THERM® 160°C
MAKES 18 LARGE OR 28
MINI CUPCAKES
COOK: 22-25 MINUTES