

# Chocolate Cupcakes

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay Nixon

These cupcakes use bananas, applesauce, and zucchini for a more healthful approach to this favorite dessert!

## About the Recipe

**156 Calories · 2.6 g Protein · 3 g Fiber**  
**Dessert**

Note: You can stir 1/4 to 1/2 cup chocolate chips into the batter.

## Ingredients

***Makes 12 Servings***

- 1 1/4 c (156 g) flour
- 1/4 c (22 g) unsweetened cocoa powder
- 1 1/4 tsp (6.2 mL) baking powder
- 1 tsp (5 mL) ground cinnamon
- 3/4 tsp (3.8 mL) baking soda
- 1/2 tsp (2.5 mL) iodized salt
- 1 ripe banana
- 1/2 c (120 mL) applesauce
- 4 tbsp (36 g) brown sugar
- 1/4 c (60 mL) chocolate soy or almond milk
- 1 tsp (5 mL) vanilla extract
- 1 c (124 g) shredded zucchini
- Chocolate Avocado Frosting (see below) or strawberry jam

## Directions

1. Preheat oven to 350 F (177 C) and line a muffin pan with paper liners or silicone cups or use a nonstick pan.
2. In a large bowl, whisk together flour, cocoa, baking powder, cinnamon, baking soda, and salt.&nbsp;
3. In another bowl, mash banana with applesauce and sugar. Add milk, vanilla, and zucchini, and stir until evenly combined.
4. Add dry ingredients in 3-4 batches and stir until just combined. Spoon batter evenly into muffin cups.
5. Bake 18-25 minutes, or until an inserted toothpick comes out clean. Cool completely. Spread with Chocolate Avocado Frosting&nbsp;or strawberry jam.
6. Chocolate Avocado Frosting:&nbsp;Prepare just before spreading on cupcakes. Combine 1 ripe avocado with 3-4 tbsp (45-60 mL) each unsweetened cocoa powder and pure maple syrup in a food processor. Process until completely smooth, adding a tiny bit of soy or almond milk if needed for consistency. Taste, adding more cocoa or maple syrup to taste, plus a pinch of salt, if desired. You can also add a few dashes of cinnamon or a few drops of vanilla extract.

## Nutrition Facts

**Per serving:**

**Calories:** 156

**Fat:** 2.5 g

**Saturated Fat:** 0.5 g

**Calories From Fat:** 13%

**Cholesterol:** 0 mg

**Protein:** 2.6 g

**Carbohydrate:** 33 g

**Sugar:** 17 g

**Fiber:** 3 g

**Sodium:** 236 mg

**Calcium:** 70 mg

**Iron:** 1.3 mg

**Vitamin C:** 3 mg

**Beta-Carotene:** 69 mcg

**Vitamin E:** 0.2 mg