

ORANGE CUP CAKES

INGREDIENTS

- 1/4 C White wine
- 1/2 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1/2 C Almond flour
- 1/4 C Splenda sugar substitute cup for cup
- 1 T Cinnamon
- 1/4 C Orange juice
- 2 T Olive oil
- 1 T Dry yeast
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat the oven to 375 F
- 2 Spray the bottoms & sides of the 'wells' in a cupcake pan with non-stick cooking spray
- 3 In a bowl mix the wine with the yeast & set it aside
- 4 In a 2nd bowl mix the flour with the almonds, the Splenda & the cinnamon
- 5 Make a well in the center & set it aside
- 6 Add the orange juice to the wine & yeast mix (1st bowl)
- 7 Slowly start pouring the mix from the 3rd bowl into the center of the flour well mixing constantly.
- 8 Fold in 1 T of the olive oil & when blended fold in the other 1 T of the olive oil
- 9 Pour the mix into the cupcake wells & bake for 20 minutes
- 10 Allow to cool for at least 30 minutes
- 11 Use a plastic knife to make sure the cupcakes aren't stuck to the sides of the 'wells'
- 12 Cook on a wire rack

OPTIONAL CARAMELIZED ORANGE TOPPING

The original recipe ended with a sprinkling of confectioners sugar before serving

- 1 In a pan add 1/4 C White wine & 1/4 C sugar substitute & bring to boil.
- 2 Add orange slices from 1 medium size orange & let it boil for 10 minutes.
- 3 Remove the wine & add 2 T more of sugar substitute & let it caramelize.

