

High Protein Eggless Cupcakes

8-10 Cupcakes
Ready in 40 Mins



Ingredients

DRY MIX

Whole Wheat Flour : 1.5 Cups

Meal Replacement Powder : 2
tbsp each flavour

Baking Powder : 1 Tsp

WET MIX

Butter : 1/2 Cup

Brown Sugar : 1 Cup

Vanilla : 1 tsp

FOAMING MIX

Yogurt : 1 cup

Baking Soda : 1/2 tsp

ICING

Meal replacement powder - 0.25
cups

Vanilla : 0.25 tsp

Heavy cream - 0.5 Cup

Method

1. Preheat the oven @180 degrees C for 15 minutes.
2. Combine the powdered brown sugar to the butter and yogurt, blend well. Whisk it well.
3. Sieve in the maida, baking powder, baking soda and vanilla essence. Combine well.
4. Divide the batter into 4 parts. Add 2 tbsp of meal replacement powder in each batter.
5. Pour into cupcake moulds / liners and bake for 20 mins at 180 degrees. Insert a toothpick to check if the cakes are fully baked. If it comes out dry, the cakes are ready.

Critical Notes



Texture

These cup cakes are eggless and hence ensuring that they hold up during baking is an important aspect.

The baking soda combined with yogurt or Dahi works to provide structure to the cup cakes in place of the egg. But do not expect the cupcakes to rise up into a full top curved mound. There will be a gentle rounding as the baking happens, but not the kind of full fluffiness that happens in cakes with egg.

Ensure that the batter is poured into cup cake moulds. This will give individual units and also ensure cooking deep within each cake without any collapsing due to the heavy protein powder.

Icing

1. Combine the cream, vanilla and meal replacement powder into a bowl.
2. Beat with a whisk till the cream becomes stiff
3. Pour into an icing bag and decorate the cup cakes.

Temperature

1. If your oven is small, 165 degrees C works well. But if you have a large oven, you might want to cook at 180 degrees.
2. Using a toothpick test and keeping an eye on the cupcakes while they bake is the right approach till you become proficient