



Red Velvet Cupcakes

Makes 24 cupcakes

1 cup buttermilk or buttermilk substitute*
2 TBS red food coloring
1 tsp. vanilla extract
1 tsp. white vinegar
2 ¼ cups all-purpose white flour
2 TBS dark unsweetened cocoa powder
1 ½ tsp. baking soda
A pinch of salt
12 TBS softened, unsalted butter
1 ½ cups of sugar
2 eggs

Preheat oven to 350 degrees F (175 C) and prepare 2 muffin tins with cupcake liners.

*To make the buttermilk substitute simply place 1 TBS of white vinegar or lemon juice in a 1 cup measuring cup. Top it with whole milk until you get to the 1 cup measure. Allow the milk to sit, untouched, for 5 to 10 minutes.

Place the buttermilk, food coloring, vanilla and vinegar in a bowl and mix well. Set aside.

In another bowl, mix together the flour, cocoa, baking soda and salt. Set aside.

Cream the butter and the sugar in a large bowl. Add the eggs one at a time and beat after each addition.

Alternate the flour and liquid, starting with and ending with the flour. Make sure to only beat until everything is mixed in well. Do not over beat your batter.

Fill each cupcake liner 2/3rds of the way and place the pan in the oven. Bake the cupcakes between 18 and 20 minutes. Check them at 18 minutes by placing a cake tester or toothpick in the middle. If it comes out clean your cupcakes are done. Remove them from the oven and cool down completely before frosting. Frost with cream cheese frosting and decorate with your decoration of choice.

1 cupcake - CALORIES 156.01; FAT 6.60 grs (sat 3.99; mono 1.76; poly 0.34); PROTEIN 2.11 grs ; FIBER 0.46 grs; CARBS 22.35 grs; CHOLESTEROL 30.97 mg; IRON 0.69 mg; SODIUM 96.46 mg; CALCIUM 18.13 mg

Cream Cheese Frosting

Makes about 4 cups of frosting

- 1 – 8 oz. package of cream cheese – room temperature
- 1 – 8 oz. package of Mascarpone* – room temperature
- 1 teaspoon vanilla extract
- 1 cup of confectioner's sugar
- 1 ½ cups of very cold whipping cream

Place the cream cheeses into a bowl and cream. Add the vanilla and the sugar. Beat until uniformly mixed.

Add the cream but beat on low. Beat until it thickens. The more you beat the thicker it will get so make sure you stop when it is the consistency you like.

Use to frost any kind of cupcakes, banana breads, cinnamon rolls or cakes.

Keep in the fridge in a covered container for up to two weeks.

*If you do not have or can't find Mascarpone go ahead and use 2 packages of cream cheese.

2 TBS - CALORIES 106.58; FAT 9.83 grs (sat 5.70; mono 1.81; poly 0.25); PROTEIN 1.15 grs ; FIBER 0.00 grs; CARBS 3.98 grs; CHOLESTEROL 32.20 mg; IRON 0.03 mg; SODIUM 31.10 mg; CALCIUM 21.80 mg