GLOBAL · DESSERT

Sugar-Free Black Forest Cupcakes with Cherry Filling

75 min · plus cooling | Makes 12 × 1 cupcake | 208 kcal a portion | Video 4:12 · ketoserts

Vegetarian | Gluten-free ingredients

Coconut-flour chocolate cupcakes with a real-cherry filling, sweetened only with erythritol: about 7 g net carbs and 4 g fibre each, with no added sugar.

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Ingredients

19 · MAKES 12 × 1 CUPCAKE

- [ ] **Cherries**: 225 g fresh or frozen pitted cherries
- [ ] 2 tbsp (23 g) **granulated erythritol**, for the filling
- [ ] 1 tsp (4 ml) **lemon juice**
- [ ] 1 tsp (4 ml) **rum extract** (optional)
- [ ] ¼ tsp (1 g) **xanthan gum** (optional)
- [ ] 6 large **eggs**, at room temperature
- [ ] 1 tsp (4 ml) **vanilla extract**
- [ ] 120 ml **melted coconut oil** (or butter)
- [ ] 240 ml **unsweetened almond milk**, at room temperature
- [ ] 45 g **unsweetened cocoa powder** (black cocoa in the video)
- [ ] 56 g **coconut flour**
- [ ] 100 g **granulated erythritol**
- [ ] 1 tsp (4 g) **baking powder**
- [ ] ½ tsp (2 g) **salt**
- [ ] 120 ml **chilled heavy whipping cream**
- [ ] 45 g **powdered erythritol**
- [ ] 1 tsp (4 ml) **vanilla extract**, for the cream
- [ ] **sugar-free chocolate shavings**, to finish (about 15 g)
- [ ] 12 **fresh cherries**, to decorate (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. For the filling, simmer the cherries, 2 tbsp erythritol and lemon juice over medium heat until thick and jammy. Stir in the rum extract and xanthan gum if using, then set aside to cool. 0:17
2. Whisk the eggs with the vanilla, melted coconut oil and almond milk. 1:05
3. In another bowl whisk the cocoa, coconut flour, 120 ml erythritol, baking powder and salt, then stir them into the egg mixture to make a thick batter. 1:38
4. Line a muffin pan with 12 paper cases, divide the batter between them and bake at 177°C for 20–25 minutes. Let them cool. 2:32
5. Cut a small hole in the centre of each cupcake with a round cutter or corer and fill it with the cherry filling. 2:50
6. Whisk the chilled cream with the powdered erythritol and vanilla to stiff peaks. 3:00
7. Pipe the cream over the cupcakes, sprinkle with chocolate shavings and top each with a fresh cherry. 3:30

> **Tip** Melted butter works instead of coconut oil, as the cook says. Black cocoa gives the darkest colour; regular unsweetened cocoa is fine.

The method is a summary in our words — the video shows every step.

One portion (1 cupcake) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
208 kcal	5.5 g	11 g
870 kJ	11% of a day	6.9 g net · 4.4 g sugars
		4% of a day

FIBRE	FAT	SODIUM
3.9 g	17 g	160 mg
14% of a day	12 g saturated	7% of a day
	22% of a day	

Energy from net carbs 14% · protein 11% · fat 75% — low carb (under 26% of the energy from carbs)

Source of (10–19%) Selenium 17% · Vitamin B12 12%

Recipe and video: ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=2XH90Zoi28g, published 3 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-black-forest-cupcakes