

Healthy Swaps Key Lime Cupcakes

(*see dietary notes)



Recipe by: Chef Kelly Yorke

A great Valentine's Day dessert doesn't always have to involve chocolate. These tart and sassy cupcakes break the stereotype but not your diet.

Ingredients:

Batter

1/2 cup	Cholesterol Free Liquid Eggs such as Egg Beaters
1/2 each	Apple, cored, chopped
2 tsp.	Lime zest, grated
1 tsp.	Lemon extract
1/2 cup	Melt, buttery spread with organic virgin coconut oil
1/2 cup	Stevia Extract in the Raw
1 cup	White whole wheat flour (such as King Arthur Brand)
1 – 3/4 tsp.	Baking Powder
3/4 cup	Skim Milk

Filling

1/2 can	Sweetened Condensed Milk, fat free, such as Eagle Brand
1/3 cup	Fresh Key Lime Juice (about 7-8 squeezed limes)
1 Tbsp.	Lime zest, grated
1/8 cup	Greek yogurt, plain, 0% fat

Meringue Topping

1/2 cup	Egg whites, pasteurized
1/3 cup	Baker's Sugar (ultra fine sugar)
1/4 tsp.	Cream of Tartar

Directions:

1. Preheat oven to 350° F. Line muffin pan with 12 cupcake liners.
2. In a blender, blend the eggs, apple, lime zest, and lemon extract until smooth. Add the buttery spread and Stevia and blend until well incorporated with the wet ingredients. Add the flour, baking powder and milk into the blender and blend until mixture is smooth.
3. Pour batter into muffin liners, filling to 2/3 full.
4. Bake for 20 minutes or until firm to the touch. Remove from oven and cool cupcakes on a wire rack.
5. Meanwhile make Filling: Whisk condensed milk, lime juice, lime zest and yogurt in a bowl until blended. Set aside.
6. When cupcakes are cool, use a apple corer or knife to remove the center core of each cupcake. Fill cores with key lime filling. Place cupcakes in refrigerator to chill.
7. For Meringue Topping: Place the egg whites, sugar, cream of tartar and vanilla extract into a double boiler pan or heatproof bowl. Set the bowl over a pan of simmering water. Using a hand-held mixer, beat eggs on low speed until mixture reaches 160 degrees F and the sugar has dissolved.
8. Remove bowl from heat and continue beating on medium low speed for 5 minutes, then increase speed to high and beat another 4 to 5 minutes or until mixture forms firm and glossy peaks.
9. Pipe or spread a dollop of meringue on each cupcake.
10. Place cupcakes on a sheet pan and transfer to a pre-heated 425° F oven for 5-8 minutes or until the tips of meringue begins to brown. Remove from oven and serve. If desired garnish with lime slices.

YIELD: 12 Cupcakes

*Dietary Notes:

To make Vegan (SV):

- Replace liquid egg substitute with 2 Tbsp of Bob's Red Mill Egg Replacer powder whisked into 6 Tbsp of warm water until frothy.
- Replace Melt with 1/2 cup vegan margarine.
- Replace skim dairy milk with 3/4 cup soy, rice, or almond milk.
- In filling replace 1/2 can of sweetened condensed milk with seven ounces of Tofutti's Better than Cream Cheese and replace 1/8 cup Greek yogurt with 1/8 cup soy yogurt. Blend filling ingredients until smooth.
- Replace meringue topping ingredients with 9-10 ounces of coconut cream, 1 Tbsp of raw sugar and 1 tsp. vanilla extract. Place the coconut cream, sugar and vanilla in a chilled bowl and beat until soft peaks form. Top the cupcakes with this topping instead of the meringue.

Tip: Coconut cream can be acquired by refrigerating a 13.5 oz can of full-fat coconut milk until it is well chilled and then opening the can and pouring off the clear liquid. What remains is about 9-10 ounces of the solid semi-soft coconut cream.

To make dairy-free (DF):

- Replace Melt and replace with 1/2 cup vegan margarine.
- Replace skim milk with 3/4 cup soy, rice, coconut or almond milk.
- In filling replace 1/2 can of sweetened condensed milk with seven ounces of Tofutti's Better than Cream Cheese and replace 1/8 cup Greek yogurt with 1/8 cup soy yogurt. Blend filling ingredients until smooth.

To make gluten-free (GF):

- Replace whole wheat flour with 1 cup Bob's Red Mill Gluten Free All Purpose Baking Flour and 1 tsp. Xanthan gum.
- Check labels on all ingredients to ensure they are gluten-free.

To make nut-free (NF): if allergic to coconut, replace Melt with 1/2 cup butter.

Healthy Swaps Key Lime Cupcake Serving: 174 Calories, 25g Carbohydrates, 6g Fat, 6g Protein, 1g Dietary Fiber, 0mg Cholesterol, 190mg Sodium

Per Original Key Lime Cupcake Serving: 316 Calories, 40g Carbohydrates, 16g Fat, 5g Protein, 1g Dietary Fiber, 81mg Cholesterol, 225mg Sodium