

CHOCOLATY TEMPTATION CUPCAKES



TOTAL TIME: 15 min



MAKES: 12 cupcakes



COST PER SERVING:
\$0.50 CA/\$0.43 US

RECIPE TIP

Top with prepared Chocolate Fudge Sauce or Caramel Sauce (icing variation—recipe on pack). Finish with **Cocoa Crunch Whole Food Topper**.

1 cup unsweetened soy or nut milk
½ cup oil + more for oiling
1 tsp apple cider vinegar
1 pkg **Chocolaty Temptation Cupcake Mix**

1. Generously oil two **Muffin Makers**.
2. In a large bowl, whisk together milk, oil, vinegar, and mix.
3. Divide batter evenly into pans, filling cavities approximately ⅔ full.
4. In two batches, microwave on high for 2 min 30 sec. Rest in pan 5 min; invert onto wire rack to cool. Or bake in preheated 350° F oven, 15–18 min. Cool in pan 10 min; unmold.
5. When completely cool, spread on icing, if desired.

Per serving (1 cupcake): Calories 120, Fat 7 g (Saturated 1 g, Trans 0 g), Cholesterol 0 mg, Sodium 190 mg, Carbohydrate 15 g (Fiber 1 g, Sugars 8 g), Protein 1 g

LUSCIOUS LEMON CURD



TOTAL TIME: 1 hr & 10 min
(Plus 1 hour chill time)

MAKES: 1½ cups

COST PER SERVING:
\$0.41 CA/\$0.35 US

RECIPE TIP

Make Lemon Tarts! Fill prebaked, cooled tart shells with cooled, prepared curd. There is enough filling to fill 12 tart shells or 24 mini tart shells.

3 eggs
1 pkg **Luscious Lemon Curd Mix**
½ cup water
1 tbsp butter, optional

1. In a **4-Cup Prep Bowl**, whisk eggs until foamy. Add mix and water; whisk until well combined.
2. Microwave, uncovered, on high for 2 min, until thickened, whisking halfway through and at the end. If the curd has not thickened after 2 min, cook for additional 30 sec intervals, whisking after each, until desired thickness is achieved.
3. Whisk in butter, if desired.
4. Cover; refrigerate for at least 1 hour, or until cooled.

Per serving (1 tbsp): Calories 35, Fat 0.5 g (Saturated 0.2 g, Trans 0 g), Cholesterol 25 mg, Sodium 10 mg, Carbohydrate 7 g (Fiber 0 g, Sugars 6 g), Protein 1 g

LUSCIOUS LEMON CURD ICING



TOTAL TIME: 10 min
(using prepared lemon curd)



MAKES: 1½ cups
for 24 servings



COST PER SERVING:
\$0.14 CA/\$0.12 US

RECIPE TIP

The recipe makes 1½ cups icing—that's about 24 tbsp. Use 1–2 tbsp for topping cupcakes.

To streamline prep, make the lemon curd a day before using. That way, the recipe comes together quickly.

Lemon Curd:

3 eggs
1 pkg **Luscious Lemon Curd Mix**
½ cup water
1 tbsp butter, optional

Icing:

½ block (8oz/226 g) cream cheese, softened
2 tbsp butter, softened
2 cups icing sugar
2-3 tbsp prepared **Luscious Lemon Curd**

- For the curd, in a **4-Cup Prep Bowl**, whisk eggs until foamy. Add mix and water; whisk until well combined. Microwave, uncovered, on high for 2 min, until thickened, whisking halfway through and at the end. If the curd has not thickened after 2 min, cook for additional 30 sec intervals, whisking after each, until desired thickness is achieved. Whisk in butter, if desired. Cover; refrigerate for at least 1 hour, or until cooled.
- For the icing, in a bowl, using an electric mixer, beat cream cheese and butter until blended.
- Add icing sugar and lemon curd. Beat on low just until mixed, scraping down the side of bowl as needed. Overbeating will make icing too soft.
- Spread icing onto baked goods as desired. If making ahead, cover and refrigerate up to 3 days.

Per serving (1 tbsp): Calories 70, Fat 2.5 g (Saturated 0.1 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 20 mg, Carbohydrate 11 g (Fibre 0 g, Sugars 10 g), Protein 0.4 g

PUCKER UP LEMON CUPCAKES



TOTAL TIME: 40 min



MAKES: 12 cupcakes



COST PER SERVING:
\$0.42 CA/\$0.36 US

RECIPE TIP

Gluten-free? Swap flour with all-purpose gluten-free flour. Best eaten the same day or freeze up to 3 weeks, if making ahead of time.

½ cup unsalted butter, softened

1 cup granulated sugar

2 large eggs

1 tbsp grated lemon peel, about 1 lemon

2 tsp vanilla extract

1½ cups all-purpose flour

1 tsp baking powder

¼ tsp salt

¾ cup milk, your choice

½–1 recipe prepared Lemon Curd Icing

1. Preheat oven to 350° F. Place two **Muffin Makers** on two **¼ Sheet Pans**. Generously oil both Muffin Makers.
2. In a large bowl, using an electric mixer on low-medium speed, cream butter and sugar. Add eggs, one at a time, until smooth. Beat in lemon peel and vanilla.
3. In a separate bowl, combine flour, baking powder, and salt.
4. Gradually add the flour mixture to the egg mixture. Batter will be very thick.
5. Add milk; beat on low speed to avoid splashing.
6. Spoon into moulds. Bake 25–30 min or until a toothpick inserted in the centre comes out clean. Cool in pan 10–15 min. Invert on a **Cooling Rack** and gently squeeze each muffin cup to release.
7. Once cupcakes are completely cool, top with icing.

Per serving (1 cupcake with 1 tbsp icing): Calories 270, Fat 11 g (Saturated 7 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 105 mg, Carbohydrate 41 g (Fibre 0 g, Sugars 27 g), Protein 3 g