

60+ Healthy Cupcake Recipes

Sugar-Free & Gluten-Free

Delicious, fluffy and perfect for enjoying or selling

Welcome to this recipe book

This ebook was created to give you something different: cupcakes that are truly delicious, visually irresistible and fully in line with a healthier lifestyle. Inside you'll find **60+ sugar-free, gluten-free recipes**, organized into five themed modules, from classic versions to the most gourmet and high-protein ones.

Every recipe was designed so you can make it with easy-to-find ingredients, no professional equipment, and results that impress. Whether you make them for yourself, your family or to start a healthy baking business, this is your complete guide.

This book is practical, clear and ready to use. Every page is a complete recipe you can make successfully on the first try.

Who is this ebook for?



Wellness lovers

People who want to enjoy tasty desserts without compromising their health or everyday eating.



Healthy-baking entrepreneurs

People who want to sell healthy baked goods and need reliable, attractive recipes with good perceived value.



No sugar, no gluten

Anyone looking specifically for recipes free of refined sugar and gluten, without sacrificing flavor.



Creative home cooks

Anyone who wants to expand their menu with more appealing, varied options in line with today's healthy trends.

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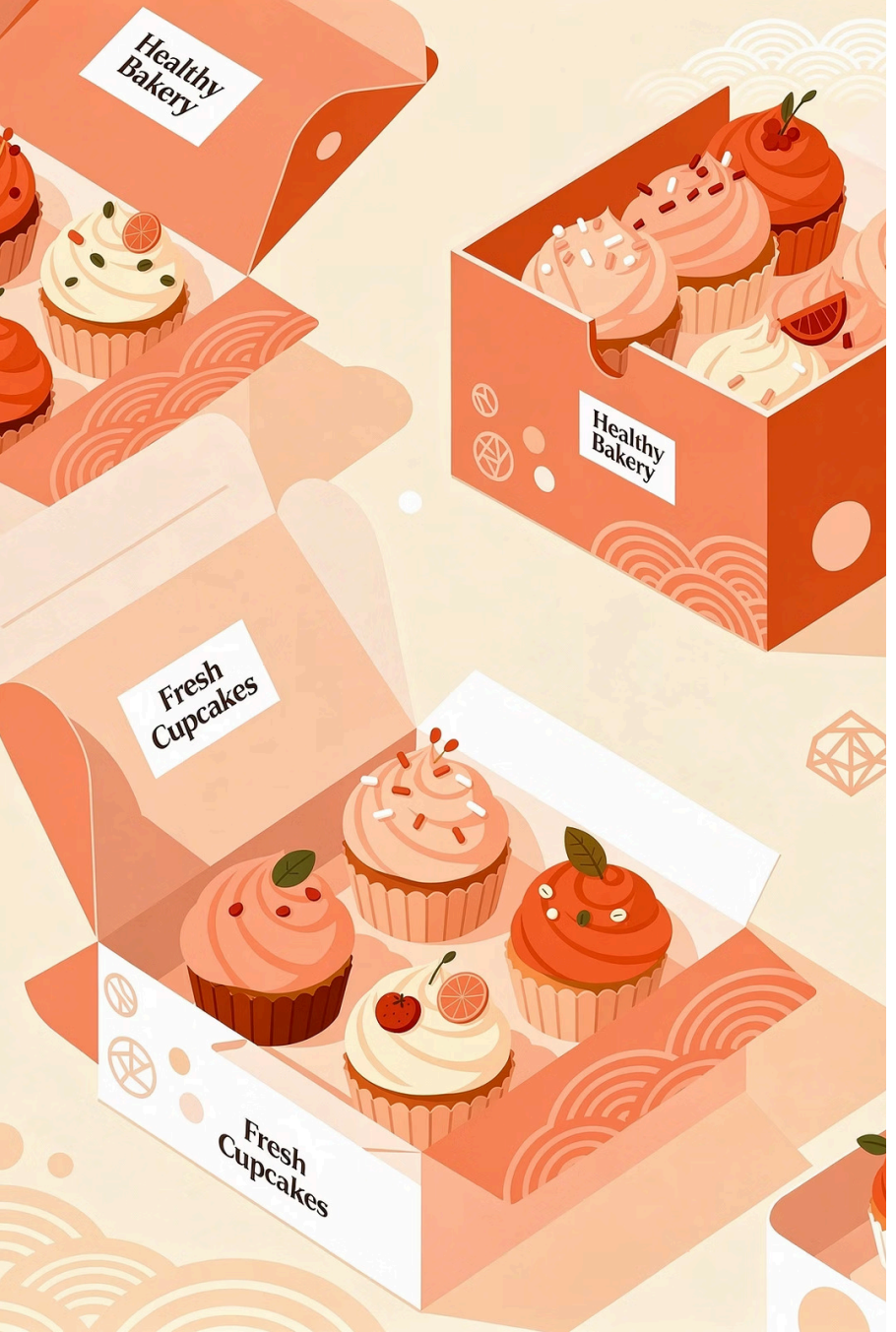
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Why do healthy cupcakes have so much potential?

Healthy cupcakes aren't just a passing trend. They're a product with **very high perceived value**, irresistible presentation and a different offer that more and more people are actively looking for.

They're pretty

Every cupcake is a visual product that sells on looks alone.

Versatile

Simple or gourmet, single or boxed, for treating yourself or gifting.

Profitable

Affordable ingredients and excellent value for starting a business.

Trending

The healthy-baking market keeps growing across the US and worldwide.

Most-used base ingredients

Getting familiar with these ingredients will give you confidence in the kitchen and help you adapt them to different recipes easily.

🌾 Flours and bases

- Almond flour
- Ground gluten-free oats
- Unsweetened shredded coconut

🍫 Natural flavorings

- Unsweetened cocoa powder
- Pure vanilla
- Instant coffee

🥚 Proteins and fats

- Fresh eggs
- Coconut oil
- Peanut or almond butter

🍦 Dairy and creamy

- Plain unsweetened Greek yogurt
- Light cream cheese
- Unsweetened plant milk
- Unsweetened coconut milk

🫐 Fruit and extras

- Berries (strawberry, raspberry, blueberry)
- Ripe bananas and apples
- Nuts (walnuts, almonds, pistachios)
- Sugar-free chocolate chips

🍯 Sweeteners

- Erythritol (granulated and powdered)

Sweeteners, swaps and recommendations

Sugar-free sweeteners

- **Erythritol** — the most recommended in this ebook; doesn't change the texture and has zero glycemic impact
- **Monk fruit** — very sweet, use less
- **Pure stevia** — can leave a slight aftertaste; combine with erythritol
- **Xylitol** — similar to erythritol, but toxic to pets

Common swaps

- Almond, oat or coconut milk instead of a generic plant milk
- Light olive oil if you don't have coconut oil
- Unsweetened applesauce to reduce fat in some recipes

How to keep it healthy

Every recipe in this ebook is designed to be **100% free of refined sugar and gluten**. To keep it that way:

- Check the labels on all ingredients, especially protein powder, chocolate and flours
- Always use certified gluten-free oats
- Make sure the chocolate chips are truly sugar-free
- Choose natural, minimally processed ingredients

Small ingredient changes can make a big difference in the final result. Always read the labels!

Basic tools you'll need

You don't need professional equipment for quality cupcakes. With these basic tools you have everything you need:



Bowl and whisk

A large bowl for mixing and a hand or electric whisk to combine the ingredients.



Measuring cups and spoons

Essential for exact amounts in every recipe and consistent results.



Pan and liners

A muffin pan with paper liners. Choose pretty liners for better presentation when selling.



Piping bag and spatula

For applying frostings cleanly, evenly and professionally.



Oven and rack

An oven at the right temperature and a cooling rack so the cupcakes keep their ideal texture.



Airtight containers

To keep cupcakes in perfect condition and fresh for longer.

Key tips for perfect cupcakes

1 Fill the liners correctly

Fill each liner **¾ full**. Too much and the batter overflows; too little and they turn out small and shapeless.

2 Don't overmix

Once you add the dry ingredients, mix just until combined. Overmixing makes the crumb dense and gummy, even with gluten-free flours.

3 Cool before decorating

Always wait until the cupcakes are completely cool before adding any frosting, topping or filling. Heat melts everything and ruins the presentation.

4 Use a piping bag

For a pretty, even frosting, a piping bag with a round or star tip makes all the difference. If you don’t have one, use a zip-top bag with the corner snipped off.

5 Watch the baking time

Insert a toothpick in the center: if it comes out clean, they're done. Don’t open the oven in the first 15 minutes so they don’t sink.

Storage, presentation and selling

🧊 Storage

- **Unfrosted:** up to 3 days in an airtight container in a cool place or 5 days refrigerated
- **Frosted or topped:** always refrigerated, 4 days max
- **Filled:** refrigerated from day one; eat within 3–4 days

- Freezing with frosting isn't recommended; you can freeze the plain cupcakes

🎁 Presentation and selling

- Use quality paper liners: they make an instant visual difference
- Sell in boxes of 2, 4 or 6 to raise the order value
- Add a pretty label with your brand, ingredients and bake date
- Clean, even decoration noticeably raises perceived value
- Photograph your cupcakes in good natural light for social media

A well-presented cupcake can sell for twice the price of an undecorated one. Invest in presentation!



MODULE 1

Classic Healthy Cupcakes

The recipes that never fail. These twelve are the foundation of any healthy baking catalog: flavors everyone loves, simple ingredients and always-appetizing results. Perfect to start with and to sell every day.

RECIPE 1

Healthy Vanilla Cupcakes

The perfect base: fluffy, fragrant and absolutely irresistible.

🍽️ **Makes:** 10 to 12 cupcakes
🧊 **Storage:** 3 days in an airtight container or 5 days refrigerated

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Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) melted coconut oil
- ⅓ cup (80 ml) unsweetened plant milk
- 1½ tsp vanilla extract
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F) and line a muffin pan.
2. Mix the almond flour, ground oats and baking powder in a bowl.

3. In another bowl, beat the eggs with the erythritol until well combined.
4. Add the coconut oil, plant milk and vanilla.
5. Gently fold the dry ingredients into the wet.

6. Divide the batter among the liners, filling each ¾ full.
7. Bake 18 to 22 minutes or until a toothpick comes out clean.

8. Let cool completely before serving or decorating.

💡 **Tip:** Don't overmix after adding the dry ingredients. This recipe is the base for many other versions in the ebook.

🛒 **Selling idea:** Great in assorted boxes because their mild flavor pleases almost everyone.

RECIPE 2

Healthy Chocolate Cupcakes

The all-time classic, now healthy and guilt-free.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days in a cool place or 5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) plant milk
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.

3. Beat the eggs with the erythritol until combined.
4. Add the coconut oil, plant milk and vanilla.
5. Add the dry ingredients and mix until no dry lumps remain.

6. Divide the batter among the liners, ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool on a rack before decorating.

💡 **Tip:** Use good-quality cocoa for a more intense flavor. Don't overbake or they'll be dry.
You can add sugar-free chocolate chips.

🛒 **Selling idea:** A classic flavor with very high demand, ideal for selling individually or in bundles.

RECIPE 3

Healthy Lemon Cupcakes

Fresh, fragrant and with a citrusy touch that wins you over from the first bite.

🍽️ **Makes:** 10 to 12 cupcakes
🧊 **Storage:** 3 days in a cool place or 5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ¼ cup (60 ml) plant milk
- Zest of 2 lemons
- 2 tbsp lemon juice
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. In another bowl, beat the eggs with the erythritol.
4. Add the coconut oil, plant milk, zest and lemon juice.
5. Gently fold in the dry ingredients.
6. Fill the liners ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely before decorating.

💡 **Tip:** The zest adds much more flavor than the juice, so don't skip it. Too much juice can make the batter too wet. Pairs perfectly with lemon cream cheese frosting.

🛒 **Selling idea:** They look fresh and elegant, ideal for premium boxes and customers who want more refined flavors.

RECIPE 4

Healthy Coconut Cupcakes

Soft, tropical and with a unique aroma that fills the kitchen as soon as they go in the oven.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) unsweetened coconut milk
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, shredded coconut, oats and baking powder.
3. Beat the eggs with the erythritol until combined.
4. Add the coconut oil, coconut milk and vanilla.
5. Add the dry ingredients and mix well.
6. Divide the batter among the liners.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Coconut absorbs moisture, so don't overbake. Decorate with toasted coconut for a better look. Add 1 extra tbsp of coconut milk for more softness.

🛒 **Selling idea:** They look more gourmet topped with white frosting and shredded coconut. Excellent visual presentation.

RECIPE 5

Healthy Cinnamon Cupcakes

Warm, comforting and perfect for any time of day.

🍽️ **Makes:** 10 to 12 cupcakes
🧊 **Storage:** 3 days in a closed container

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) plant milk
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix all the dry ingredients: flour, oats, cinnamon and baking powder.
3. Beat the eggs with the erythritol until combined.
4. Add the coconut oil, plant milk and vanilla.
5. Add the dry ingredients to the wet and mix until combined.
6. Fill the liners ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely before serving.

💡 **Tip:** Cinnamon should add aroma, not dominate.
Dust with a mix of cinnamon and powdered erythritol for a rustic, appealing look.

🛒 **Selling idea:** They work great as a "healthy homemade" option, ideal for breakfast and snacks.

RECIPE 6

Healthy Coffee Cupcakes

For grown-ups who want something more sophisticated in every bite.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 to 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) plant milk
- 1 tsp instant coffee
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Dissolve the instant coffee directly in the warm plant milk.
4. Beat the eggs with the erythritol.
5. Add the coconut oil, coffee milk and vanilla.
6. Gently fold in the dry ingredients.
7. Fill the liners and bake 18 to 22 minutes.
8. Let cool completely before serving or decorating.

💡 **Tip:** Use a little coffee so the flavor stays balanced and pleasant. Pairs perfectly with a cocoa frosting. Ideal for grown-ups.

🛒 **Selling idea:** A more sophisticated profile you can sell as a gourmet healthy cupcake at a slightly higher price.

RECIPE 7

Healthy Almond Cupcakes

Delicate, soft and with that nutty flavor that defines high-end baking.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ¼ cup (60 ml) plant milk
- 1 tsp almond extract
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder in a bowl.
3. Beat the eggs with the erythritol until combined.
4. Add the coconut oil, plant milk, almond extract and vanilla.
5. Gently fold in the dry ingredients.
6. Fill the liners ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Don't use too much almond extract — it's very strong. Decorate with sliced almonds for an elegant look. The texture is soft and slightly moist.

🛒 **Selling idea:** Excellent for a more delicate, premium line. Ideal for gifts or special orders.

RECIPE 8

Healthy Orange Cupcakes

With a citrusy aroma that wakes up your senses and makes you want to bite right in.

🍽️ **Makes:** 10 to 12 cupcakes
🧊 **Storage:** 3 days in a cool place or 5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ¼ cup (60 ml) plant milk
- Zest of 1 orange
- 2 tbsp orange juice
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, plant milk, zest, orange juice and vanilla.
5. Add the dry ingredients until fully combined.
6. Divide among the liners, ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Orange pairs beautifully with chocolate or coconut. Don't add too much juice or the batter gets heavy. Finish with fine zest on top for an elegant decoration.

🛒 **Selling idea:** The citrus aroma really helps spark buying desire at markets and points of sale.

RECIPE 9

Healthy Oat Vanilla Cupcakes

Simple, nutritious and with a fluffy texture you'll love from the first bite.

🍽️ **Makes: 12 cupcakes**
🧊 **Storage:** 3 days in an airtight container

Ingredients

- 1 cup (90 g) ground gluten-free oats
- ¾ cup (72 g) almond flour
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain unsweetened Greek yogurt
- ¼ cup (60 ml) plant milk
- 1½ tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the ground oats, almond flour and baking powder.
3. Beat the eggs with the erythritol until combined.
4. Add the Greek yogurt, plant milk and vanilla.
5. Add the dry ingredients until smooth.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before serving.

💡 **Tip:** Greek yogurt makes the batter more tender. Ideal for anyone who wants a simple, practical version. Use this base to add dried fruit or sugar-free chips.

🛒 **Selling idea:** A good option to sell in affordable packs for all kinds of customers.

RECIPE 10

Healthy Yogurt Vanilla Cupcakes

Creamy inside, soft outside and with a vanilla touch you'll never get tired of.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ⅓ cup (80 g) plain Greek yogurt
- 2 tbsp coconut oil
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol until well combined.
4. Add the Greek yogurt, coconut oil, plant milk and vanilla.
5. Add the dry ingredients and mix without overbeating.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Yogurt adds softness and a creamy touch to the final result. For a light frosting, use Greek yogurt with vanilla and erythritol. Don't overfill the liners.

🛒 **Selling idea:** A great option for people who prefer mild flavors and delicate textures.

RECIPE 11

Healthy Apple Cinnamon Cupcakes

With that smell of home that fills the kitchen and your heart at the same time.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ½ cup (120 g) unsweetened applesauce
- 2 tbsp coconut oil
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cinnamon and baking powder.

3. Beat the eggs with the erythritol.
4. Add the applesauce, coconut oil and vanilla.
5. Gently fold the dry ingredients into the wet.

6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before serving.

💡 **Tip:** The applesauce must be unsweetened. Don't use too much or the batter gets heavy. Dust with cinnamon on top for a rustic, appetizing finish.

🛒 **Selling idea:** A very appealing homemade profile that builds trust and instant buying desire.

RECIPE 12

Healthy Banana Cinnamon Cupcakes

The natural sweetness of banana with the warmth of cinnamon — a winning pair!

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days in a cool place or 5 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 medium ripe bananas
- 3 eggs
- 2 tbsp erythritol
- 2 tbsp coconut oil
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mash the ripe bananas with a fork until smooth.
3. Mix the almond flour, oats, cinnamon and baking powder.
4. Beat the eggs with the erythritol.
5. Add the mashed banana, coconut oil and vanilla.
6. Fold in the dry ingredients.
7. Fill the liners and bake 18 to 22 minutes.
8. Let cool completely before serving.

💡 **Tip:** Since banana adds natural sweetness, you don't need much sweetener. Use very ripe bananas for the best flavor. Excellent with chopped walnuts on top.

🛒 **Selling idea:** Great for snack time and daily sales thanks to their familiar, well-loved flavor.

MODULE 2

Healthy Chocolate & Bold Flavor Cupcakes

For people who can’t resist intensity. This module brings together the deepest flavors, with pure cocoa, coffee, hazelnut and combinations that take healthy cupcakes to gourmet level. Because enjoying chocolate doesn’t have to be a guilty pleasure.



RECIPE 13

Healthy Triple Chocolate Cupcakes

Intense, deep and completely addictive — for true cocoa lovers.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground oats
- 3 tbsp unsweetened cocoa powder
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) plant milk
- 1 tsp vanilla
- 1 tsp baking powder
- ¼ cup (45 g) sugar-free chocolate chips



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, plant milk and vanilla.
5. Fold the dry ingredients into the wet.
6. Add the chocolate chips and mix gently.
7. Fill the liners ¾ full.
8. Bake 18 to 22 minutes and let cool on a rack.

💡 **Tip:** Save a few chips to press on top before baking. Don't overmix to keep a good texture. Great with a healthy ganache.

🛒 **Selling idea:** One of the best-selling flavors — it always works.

RECIPE 14

Healthy Chocolate Coconut Cupcakes

The perfect combo of intense cocoa and tropical coconut.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- ⅓ cup (30 g) ground oats
- 2 tbsp unsweetened cocoa powder
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) unsweetened coconut milk
- 2 tbsp coconut oil
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, shredded coconut, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol until combined.
4. Add the coconut milk and coconut oil.
5. Fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Coconut adds texture and a more gourmet flavor. Decorate with toasted coconut and a drizzle of sugar-free chocolate. Don't overbake or they'll be dry.

🛒 **Selling idea:** A very premium look that really catches the eye.

RECIPE 15

Healthy Mocha Chocolate Cupcakes

The most sophisticated pair in baking: deep cocoa with the aroma of coffee.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 1 tsp instant coffee
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) plant milk
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Dissolve the instant coffee in the warm plant milk.
4. Beat the eggs with the erythritol.
5. Add the coconut oil, vanilla and coffee milk.
6. Fold the dry ingredients into the wet.
7. Fill the liners ¾ full.
8. Bake 18 to 22 minutes and let cool.

💡 **Tip:** Coffee noticeably enhances the cocoa flavor. Great with a cocoa cream cheese frosting. Ideal for a more grown-up, sophisticated crowd.

🛒 **Selling idea:** Sell them as "healthy mocha" cupcakes and position them as a premium option.

RECIPE 16

Healthy Chocolate Orange Cupcakes

Sophisticated, different and with an aroma that takes over the whole kitchen.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- Zest of 1 orange
- 2 tbsp orange juice
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, orange zest and orange juice.
5. Fold the dry ingredients into the wet.
6. Divide the batter among the liners.
7. Bake 18 to 20 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Chocolate-orange sells really well because it feels more sophisticated. Use just a little juice so the texture doesn't change. Decorate with fine zest or a cocoa frosting.

🛒 **Selling idea:** Excellent perceived value, and hard to find at other healthy bakeries.

RECIPE 17

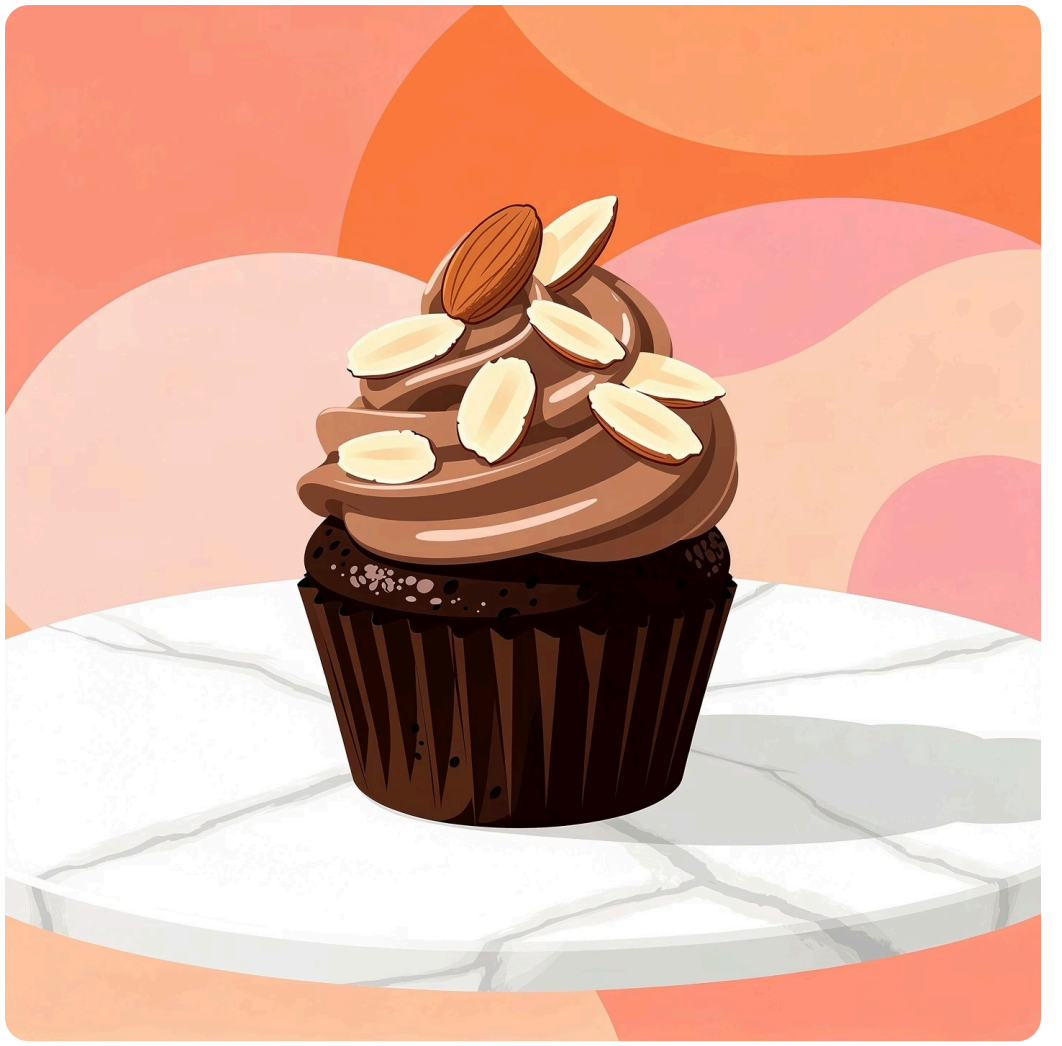
Healthy Cocoa Almond Cupcakes

An elegant combo where cocoa and almond lift each other up.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- 1 tsp almond extract
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol.
4. Add the Greek yogurt, coconut oil and almond extract.
5. Fold the dry ingredients into the wet.
6. Fill the liners.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Use almond extract sparingly — it's very strong. Lovely with sliced almonds on top. Soft texture and an elegant flavor.

🛒 **Selling idea:** A great option for premium assorted boxes looking for variety and distinction.

RECIPE 18

Healthy Brownie Cupcakes

All the flavor of an indulgent brownie in cupcake form, completely healthy.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- 2 tbsp unsweetened cocoa powder
- ⅓ cup (60 g) sugar-free chocolate chips
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (65 g) almond butter
- 2 tbsp Greek yogurt
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, cocoa and baking powder.
3. Beat the eggs with the erythritol until combined.
4. Add the almond butter, Greek yogurt and vanilla.
5. Fold the dry ingredients into the wet.
6. Add the chocolate chips and mix gently.
7. Fill the liners ¾ full.
8. Bake 18 to 20 minutes to keep the center moist.

💡 **Tip:** Don't overbake so the center stays moist. You can use chopped sugar-free chocolate squares. Intense flavor and an indulgent texture.

🛒 **Selling idea:** Great for people who want a cupcake that looks and feels like a premium dessert.

RECIPE 19

Healthy Chocolate Hazelnut Cupcakes

Baking's most wanted combo, now healthy and guilt-free.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 2 tbsp sugar-free hazelnut spread
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) plant milk
- 2 tbsp coconut oil
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.

3. Beat the eggs with the erythritol.
4. Add the sugar-free hazelnut spread, plant milk and coconut oil.

5. Fold the dry ingredients into the wet.
6. Divide the batter among the liners.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Great with chopped hazelnuts on top. Use a truly sugar-free hazelnut spread, not a very runny one. The final flavor is noticeably more gourmet.

🛒 **Selling idea:** Very appealing to people looking for something more sophisticated and different.

RECIPE 20

Healthy Chocolate Peanut Butter Cupcakes

A classic American flavor, made healthy: cocoa and peanut butter in every bite.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (65 g) unsweetened peanut butter
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol.
4. Add the peanut butter, plant milk and vanilla.
5. Fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** If the peanut butter is very thick, mix it with the plant milk first. Decorate with chopped roasted peanuts on top. A flavor that sells really well.

🛒 **Selling idea:** A great option for snack packs or high-value fitness bundles.

RECIPE 21

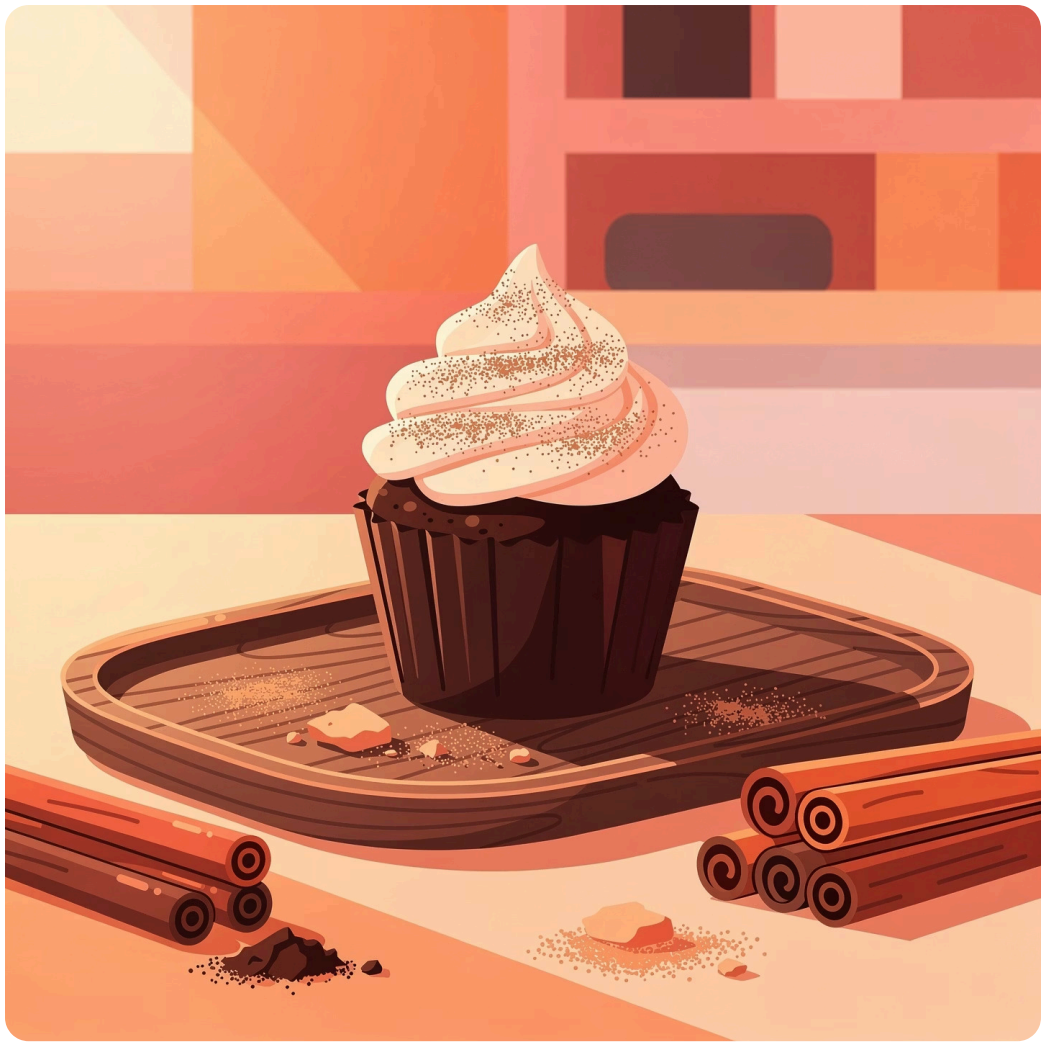
Healthy Chocolate Cinnamon Cupcakes

Cinnamon wraps the cocoa in a warm, irresistible combination.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 1 tsp cinnamon
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (55 g) coconut oil
- ⅓ cup (80 ml) plant milk
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa, cinnamon and baking powder.

3. Beat the eggs with the erythritol.
4. Add the coconut oil and plant milk.
5. Gently fold the dry ingredients into the wet.

6. Divide the batter among the liners.
7. Bake 18 to 22 minutes.
8. Let cool completely before serving.

💡 **Tip:** Cinnamon should support the cocoa, not cover it. Decorate with a light cocoa cream. Great for cooler weather and holidays like Christmas.

🛒 **Selling idea:** A homey-gourmet profile that sells well all year round.

RECIPE 22

Healthy Chocolate Cupcakes (White Chocolate & Vanilla)

Delicate, sweet and visually irresistible: white can be healthy too.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp chopped sugar-free white chocolate chips
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- 1½ tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the Greek yogurt, coconut oil and vanilla.
5. Fold the dry ingredients into the wet.
6. Add the chopped white chocolate chips and mix gently.
7. Divide the batter among the liners.
8. Bake 18 to 22 minutes and let cool.

💡 **Tip:** Chop the white chocolate well to spread the flavor. Great with a white cream cheese frosting. More delicate and very attractive.

🛒 **Selling idea:** Perfect for elegant boxes and special occasions like weddings or baby showers.

RECIPE 23

Healthy Cocoa Walnut Cupcakes

The crunch of walnuts contrasts with soft cocoa for a perfect texture.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- ⅓ cup (40 g) chopped walnuts
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) plant milk
- 2 tbsp coconut oil
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol.
4. Add the plant milk and coconut oil.
5. Fold the dry ingredients into the wet.
6. Add the chopped walnuts and mix carefully.
7. Divide the batter among the liners.
8. Bake 18 to 22 minutes and let cool on a rack.

💡 **Tip:** Chop the walnuts into small pieces to spread the flavor. Save a few to decorate the tops. A very rich, filling texture.

🛒 **Selling idea:** They give a more artisan, homemade feel, highly valued in the healthy market.

RECIPE 24

Healthy Mocha Cupcakes

The intensity of cocoa, the depth of coffee and an elegance that wins you over from the first whiff.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 1 tsp instant coffee
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- ¼ cup (60 ml) plant milk
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Dissolve the instant coffee in the warm plant milk.
4. Beat the eggs with the erythritol.
5. Add the Greek yogurt, coconut oil and coffee milk.
6. Fold the dry ingredients into the wet.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Ideal with a light dusting of cocoa powder or a coffee frosting. Intense but elegant flavor. Very well suited to selling to grown-ups.

🛒 **Selling idea:** Perfect as a premium healthy cupcake with a gourmet, sophisticated profile.

MODULE 3

Healthy Fruit & Fresh Flavor Cupcakes

Colorful, vibrant and full of life. This module celebrates fruit in every form: strawberries, raspberries, blueberries, lemon, orange, coconut and more. Cupcakes that look pretty, smell amazing and taste fresh in every bite.



RECIPE 25

Healthy Strawberry Cupcakes

Delicate, fragrant and with a natural pink color you'll love at first sight.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- ½ cup (80 g) mashed or very finely chopped strawberries
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, Greek yogurt and vanilla.
5. Fold the dry ingredients into the wet.
6. Very gently fold in the chopped or mashed strawberries.
7. Divide the batter among the liners.
8. Bake 18 to 22 minutes and let cool well.

💡 **Tip:** Use just a little fruit so the batter doesn't get too wet. Chop the strawberries very small. Pairs perfectly with a strawberry cream cheese frosting.

🛒 **Selling idea:** They look delicate, appetizing and very photogenic for social media.

RECIPE 26

Healthy Raspberry Cupcakes

Tart, sweet and with a vibrant color that makes it impossible not to want one.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- ⅓ cup (40 g) chopped raspberries
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the Greek yogurt, coconut oil and vanilla.
5. Fold the dry ingredients into the wet.
6. Very carefully fold in the chopped raspberries so you don't crush them too much.
7. Bake 18 to 22 minutes.
8. Let cool well before decorating.

💡 **Tip:** If the raspberries are very wet, pat them dry before adding. Ideal with a white cream cheese frosting. The red-and-white contrast really helps the presentation.

🛒 **Selling idea:** Very pretty in assorted boxes and in catalog photos.

RECIPE 27

Healthy Blueberry Cupcakes

Soft, full of antioxidants and with the fine touch that defines premium baking.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- ⅓ cup (50 g) fresh or thawed blueberries
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, Greek yogurt and vanilla.
5. Fold the dry ingredients into the wet.
6. Gently fold in the blueberries.
7. Divide the batter among the liners.
8. Bake 18 to 22 minutes and let cool well.

💡 **Tip:** Toss the blueberries in a little almond flour so they don't sink to the bottom. They give the cupcake a very fine, elegant touch. Great with lemon.

🛒 **Selling idea:** A very appealing flavor for a premium healthy line with high perceived value.

RECIPE 28

Healthy Lemon Blueberry Cupcakes

Fresh, vibrant and elegant: the combo every premium catalog needs.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- Zest of 1 lemon
- 2 tbsp lemon juice
- ⅓ cup (50 g) fresh blueberries
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, lemon zest and lemon juice.
5. Fold the dry ingredients into the wet.
6. Very carefully add the blueberries so they don’t stain the batter.
7. Divide the batter among the liners.
8. Bake 18 to 22 minutes and let cool well.

💡 **Tip:** A fresh, elegant combination that's very popular. Don’t add too much lemon juice. Decorate with a light lemon cream and blueberries on top.

🛒 **Selling idea:** A great option for finer boxes and customers with refined taste.

RECIPE 29

Healthy Coconut Lemon Cupcakes

Tropical, refreshing and with a scent that takes you somewhere else from the first whiff.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- ⅓ cup (30 g) ground gluten-free oats
- Zest of 2 lemons
- 2 tbsp lemon juice
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) unsweetened coconut milk
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, shredded coconut, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut milk, lemon zest and lemon juice.
5. Fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** A very special fresh, tropical flavor. Very good with toasted coconut on top. Don't use too much lemon so it doesn't overpower the coconut.

🛒 **Selling idea:** Very eye-catching for a summer or fresh line. Perfect for warm seasons.

RECIPE 30

Healthy Orange Almond Cupcakes

The elegance of almond with the freshness of orange in every bite.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- Zest of 1 orange
- 2 tbsp orange juice
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, Greek yogurt, zest and orange juice.
5. Fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Almond pairs naturally with orange. Decorate with toasted sliced almonds. A very elegant, distinctive profile.

🛒 **Selling idea:** Great for premium presentations and gift boxes.

RECIPE 31

Healthy Pineapple Coconut Cupcakes

Tropical, juicy and with an aroma that turns any kitchen into paradise.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- ⅓ cup (30 g) ground gluten-free oats
- ⅓ cup (80 g) crushed pineapple, very well drained
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 ml) unsweetened coconut milk
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, shredded coconut, oats and baking powder.

3. Beat the eggs with the erythritol.
4. Add the coconut oil, coconut milk and well-drained pineapple.

5. Fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool well before decorating.

💡 **Tip:** The pineapple must be very well drained so it doesn't ruin the texture. A tropical, different flavor. Great with coconut cream on top.

🛒 **Selling idea:** A good way to stand out with unique tropical flavors in your catalog.

RECIPE 32

Healthy Apple, Coconut & Cinnamon Cupcakes

The most comforting, familiar mix in a healthy, completely irresistible form.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- ½ cup (120 g) unsweetened applesauce
- ¼ cup (20 g) unsweetened shredded coconut
- 1 tsp cinnamon
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cinnamon and baking powder.
3. Beat the eggs with the erythritol.
4. Add the unsweetened applesauce and coconut oil.
5. Fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** A homier, more comforting profile. Ideal for a healthy snack. Finish with shredded coconut and a dusting of cinnamon on top.

🛒 **Selling idea:** Very sellable thanks to a familiar flavor that builds instant trust with customers.

RECIPE 33

Healthy Banana Cocoa Cupcakes

Classic banana bread in healthy cupcake form, with a touch of cocoa that makes it irresistible.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 2 ripe bananas
- 2 tbsp unsweetened cocoa powder
- 3 eggs
- 2 tbsp erythritol
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mash the ripe bananas with a fork until smooth.
3. Mix the almond flour, oats, cocoa and baking powder.
4. Beat the eggs with the erythritol.
5. Add the mashed banana, coconut oil and vanilla.
6. Fold in the dry ingredients.
7. Fill the liners.
8. Bake 18 to 22 minutes and let cool.

💡 **Tip:** Banana already adds plenty of natural sweetness, so you don't need much erythritol. Don't use too much banana or the batter gets heavy. Great with sugar-free chocolate chips.

🛒 **Selling idea:** A well-known flavor that's very well received by all kinds of customers.

RECIPE 34

Healthy Pear Cinnamon Cupcakes

Soft, delicate and with a moist texture that's a pleasant surprise in every bite.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- ½ cup (80 g) mashed or very finely diced pear
- 1 tsp cinnamon
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 g) plain Greek yogurt
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cinnamon and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil and Greek yogurt.
5. Fold the dry ingredients into the wet.
6. Add the finely diced or mashed pear.
7. Divide the batter among the liners.
8. Bake 18 to 22 minutes and let cool well.

💡 **Tip:** The pear should be ripe but not too watery so the texture doesn't change. A very soft, pleasant texture. Great with a light vanilla frosting.

🛒 **Selling idea:** They help set your catalog apart with an unusual, much-appreciated flavor.

RECIPE 35

Healthy Mixed Berry Cupcakes

Vibrant, full of antioxidants and with a presentation that speaks for itself in the display case.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 3 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- ⅓ cup (50 g) mixed chopped berries
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats and baking powder.
3. Beat the eggs with the erythritol.
4. Add the Greek yogurt, coconut oil and vanilla.
5. Fold the dry ingredients into the wet.
6. Very gently fold in the chopped berries.
7. Fill the liners ¾ full.
8. Bake 18 to 22 minutes and let cool completely.

💡 **Tip:** Don't add too much fruit or the batter gets too wet. Very pretty decorated with freeze-dried berries on top. A delicate, truly premium look.

🛒 **Selling idea:** Great for special dates like Valentine's Day, birthdays and gifts.

RECIPE 36

Healthy Lemon Poppy Seed Cupcakes

Elegant, special and with a distinctive detail that makes them unique in any catalog.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- Zest of 2 lemons
- 2 tbsp lemon juice
- 1 tbsp poppy seeds
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 ml) unsweetened plant milk
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, poppy seeds and baking powder.
3. Beat the eggs with the erythritol.
4. Add the coconut oil, plant milk, zest and lemon juice.
5. Gently fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely before decorating.

💡 **Tip:** Poppy seeds add a special, very distinctive touch. Ideal with a lemon frosting. Don't use more seeds than listed so the texture doesn't change.

🛒 **Selling idea:** An excellent option for a healthy gourmet line with high perceived value.

MODULE 4

Gourmet Healthy Filled & Frosted Cupcakes

This is where healthy baking levels up. This module brings together the most elaborate recipes: creamy fillings that surprise when you bite in, frostings that elevate the presentation and combinations that make any customer come back. Ideal for premium boxes and special orders.



RECIPE 37

Healthy Peanut Butter-Filled Cupcakes

Cocoa outside, a creamy peanut butter surprise inside that nobody expects.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- 2 tbsp unsweetened cocoa powder
- ¼ cup (60 ml) plant milk
- 2 tbsp coconut oil
- 1 tsp baking powder

Ingredients — Filling

- ¼ cup (65 g) unsweetened peanut butter
- 1 tbsp powdered erythritol



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix all the dry batter ingredients.
3. Beat the eggs with the erythritol and add the plant milk and coconut oil.
4. Fold the dry ingredients into the wet until combined.
5. Mix the peanut butter with the powdered erythritol for the filling.
6. Put a little batter in each liner, add ½ tsp of filling in the center and cover with more batter.
7. Bake 18 to 22 minutes.
8. Let cool completely before serving or decorating.

💡 **Tip:** The filling shouldn't be too runny or it will sink. Don't overfill or the cupcake may split. Lovely decorated with chopped peanuts on top.

🛒 **Selling idea:** Very appealing because of the surprise in the middle — that gets people talking and recommending you.

RECIPE 38

Healthy Creamy Coconut-Filled Cupcakes

A soft coconut outside with a creamy heart that makes every bite special.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- ¼ cup (20 g) unsweetened shredded coconut
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) unsweetened coconut milk
- 2 tbsp coconut oil
- 1 tsp baking powder

Ingredients — Filling

- 3 tbsp light cream cheese
- 2 tbsp unsweetened shredded coconut
- 1 tbsp powdered erythritol
- 1 tsp vanilla



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the dry batter ingredients.
3. Beat the eggs with the erythritol and add the coconut milk and oil.
4. Fold the dry into the wet until well combined.
5. Mix all the filling ingredients until you get a thick cream.
6. Put batter in each liner, add the filling in the center and cover with more batter.
7. Bake 18 to 22 minutes.
8. Let cool completely before decorating.

💡 **Tip:** The filling should be thick, not runny. Very good with a white cream cheese frosting. Coconut really boosts the premium feel.

🛒 **Selling idea:** Perfect in mixed boxes and special orders with high perceived value.

RECIPE 39

Healthy Cupcakes with Vanilla Cream Cheese Frosting

Classic, elegant and with a creamy frosting that instantly makes them a premium product.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs · ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- ¼ cup (60 ml) plant milk · 1 tsp vanilla
- 1 tsp baking powder

Ingredients — Frosting

- 150 g (5¼ oz) light cream cheese
- 2 tbsp powdered erythritol
- 1 tsp vanilla



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F) and line the pan.
2. Mix the dry batter ingredients.
3. Beat the eggs with the erythritol; add the yogurt, oil, milk and vanilla.
4. Combine the dry and wet ingredients and fill the liners ¾ full.
5. Bake 18 to 22 minutes and let cool completely on a rack.
6. Beat the cream cheese with the powdered erythritol and vanilla until smooth and even.
7. Pipe or spoon the frosting onto the cooled cupcakes.
8. Refrigerate until serving or delivery.

💡 **Tip:** The cupcake must be completely cool before frosting. Keep the frosting refrigerated at all times. Sprinkle cinnamon, coconut or lemon zest on top.

🛒 **Selling idea:** Frosting noticeably raises perceived value and justifies a higher price.

RECIPE 40

Healthy Cupcakes with Cocoa Ganache

A glossy, intense, completely healthy topping that turns every cupcake into a work of art.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 3 eggs · ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) plant milk
- 2 tbsp coconut oil
- 1 tsp baking powder

Ingredients — Ganache

- 80 g (2¾ oz) sugar-free semisweet chocolate
- 3 tbsp coconut cream or light cream
- 1 tsp coconut oil



Step-by-step directions

1. Make the batter by mixing the dry and wet ingredients as in a classic recipe.
2. Fill the liners and bake 18 to 22 minutes.
3. Let cool completely on a rack.
4. Melt the sugar-free chocolate with the coconut cream and coconut oil over very low heat or in the microwave in short bursts.
5. Stir well into a glossy, smooth cream.
6. Let it rest at room temperature until slightly thickened.
7. Decorate the cooled cupcakes with the ganache using a piping bag or spoon.
8. Let the ganache set before serving.

💡 **Tip:** Don't decorate with ganache that's too hot.
The finish looks more professional with a piping bag.
Finish with a dusting of cocoa powder on top.

🛒 **Selling idea:** A very premium look that justifies a higher price per cupcake.

RECIPE 41

Healthy Red Velvet Cupcakes

The glamour of classic red velvet in a healthy version that impresses before you even taste it.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 1 tbsp unsweetened cocoa powder
- 3 eggs · ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- 1 tsp vanilla
- Red food coloring (optional)
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Beat the eggs with the erythritol.
4. Add the Greek yogurt, coconut oil, vanilla and red coloring if using.
5. Gently fold the dry ingredients into the wet.
6. Fill the liners ¾ full.
7. Bake 18 to 20 minutes.
8. Let cool completely and decorate with cream cheese frosting.

💡 **Tip:** Coloring is optional, but it helps hugely with the look. Don't use too much cocoa or it will dull the red. They look very elegant with neatly piped white frosting.

🛒 **Selling idea:** Very eye-catching for special occasions like Valentine's Day, anniversaries and birthdays.

RECIPE 42

Healthy Chocolate-Filled Cupcakes

They look normal outside, but one bite reveals a chocolate center that changes everything.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 3 eggs · ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) plant milk
- 2 tbsp coconut oil
- 1 tsp baking powder

Ingredients — Filling

- 3 tbsp sugar-free cocoa cream or thick melted sugar-free chocolate



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the dry and wet ingredients separately, then combine.
3. Put a little batter in the bottom of each liner.
4. Add a small portion of the chocolate filling to the center of each.
5. Cover with more batter until the liner is ¾ full.
6. Bake 18 to 22 minutes.
7. Let cool completely before serving.

💡 **Tip:** The filling must be thick so it doesn't sink.
Don't overfill the liners. Ideal with a little melted sugar-free chocolate on top to finish the decoration.

🛒 **Selling idea:** Very eye-catching because they look more indulgent and special than plain cupcakes.

RECIPE 43

Healthy Pistachio Cupcakes

Refined, different and with a natural green color that makes them irresistible at first glance.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- ¾ cup (72 g) almond flour
- ⅓ cup (40 g) finely ground pistachios
- ⅓ cup (30 g) ground gluten-free oats
- 3 eggs
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, ground pistachios, oats and baking powder.

3. Beat the eggs with the erythritol.
4. Add the Greek yogurt, coconut oil and vanilla.
5. Fold the dry ingredients into the wet.

6. Fill the liners ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool completely and decorate if you like.

💡 **Tip:** The pistachio should be finely ground, but not a paste. Decorate with coarsely chopped pistachio on top for a more premium look. A very sophisticated, different look.

🛒 **Selling idea:** An excellent option for a healthy healthy option you can price higher.

RECIPE 44

Healthy Cappuccino Cupcakes

The aroma of fresh coffee in every cupcake — pure sophistication, made healthy.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 1 tsp instant coffee
- 1 tbsp unsweetened cocoa powder
- 3 eggs · ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp coconut oil
- ¼ cup (60 ml) unsweetened plant milk
- 1 tsp baking powder



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the almond flour, oats, cocoa and baking powder.
3. Dissolve the instant coffee in the warm plant milk.
4. Beat the eggs with the erythritol.
5. Add the Greek yogurt, coconut oil and coffee milk.
6. Fold the dry ingredients into the wet.
7. Bake 18 to 22 minutes.
8. Let cool completely and decorate if you like.

💡 **Tip:** Great with cream cheese frosting and cocoa dusted on top like a real cappuccino. Their aroma sells itself. Ideal for gourmet sales.

🛒 **Selling idea:** One of the highest-value flavors in a healthy cupcake line.

RECIPE 45

Healthy Lemon Cheesecake-Filled Cupcakes

Two desserts in one: soft healthy cake with fresh lemon cheesecake in the center.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 eggs · ⅓ cup (65 g) erythritol
- 2 tbsp coconut oil
- ¼ cup (60 ml) plant milk · 1 tsp vanilla
- 1 tsp baking powder

Ingredients — Cheesecake Filling

- 4 tbsp light cream cheese
- 1 tbsp plain Greek yogurt
- 1 tbsp powdered erythritol
- Finely grated zest of 1 lemon



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Make the base batter by mixing the dry and wet ingredients separately, then combining.
3. Mix all the cheesecake filling ingredients into a firm cream.
4. Put a layer of batter in the bottom of each liner.
5. Add a small portion of cheesecake filling to the center.
6. Cover with more batter until ¾ full.
7. Bake 18 to 22 minutes.
8. Let cool well before serving, preferably chilled.

💡 **Tip:** The filling should be creamy but firm so it doesn't sink while baking. They're especially good cold. Prettier with lemon zest on top.

🛒 **Selling idea:** Very appealing for a premium line thanks to their distinctive, sophisticated concept.

RECIPE 46

Healthy Almond Cupcakes with Coconut Frosting

Delicate inside, elegant outside: the combo that defines premium baking.

🍽️ **Makes: 10 cupcakes**
🧊 **Storage:** 4 days refrigerated

Ingredients — Batter

- 1 cup (96 g) almond flour
- ⅓ cup (30 g) ground gluten-free oats
- 3 eggs · ⅓ cup (65 g) erythritol
- ¼ cup (60 ml) plant milk
- 2 tbsp coconut oil
- 1 tsp almond extract
- 1 tsp baking powder

Ingredients — Frosting

- 120 g (4¼ oz) light cream cheese
- 2 tbsp unsweetened shredded coconut
- 1 tbsp powdered erythritol
- 1 tsp vanilla



Step-by-step directions

1. Preheat the oven to 180 °C (350 °F).
2. Mix the dry batter ingredients.
3. Beat the eggs with the erythritol; add the milk, oil and almond extract.
4. Combine the dry and wet ingredients and fill the liners ¾ full.
5. Bake 18 to 22 minutes and let cool completely.
6. Mix all the frosting ingredients into a smooth cream.
7. Decorate the cooled cupcakes with a piping bag or spoon.
8. Finish with extra shredded coconut if you like, for more visual impact.

💡 **Tip:** Great for a clean, delicate finish.
Keep the frosting refrigerated at all times. Coconut really improves the texture and visual impact of the finished product.

🛒 **Selling idea:** Very sellable thanks to their elegant, clean, high-value look.