

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious, Moist AND Gluten Free!

Honey Sweet and Chocolate Yummy: Orange Almond Cupcakes with Chocolate Orange Frosting

6 Large Eggs
2 Tsp Rice Vinegar
½ Cup of Honey
2 Tsp Baking Soda
½ Cup Canola Oil
1 TB Orange Juice
1 TB Lemon Juice
2 Cups of *Almond Flour

Step One Preheat the oven to 350F. Separate the egg yolks and whites. Beat the egg whites with the rice vinegar until stiff peaks form.

Step Two To the yolks add the honey, baking soda and oil. Blend well with a whisk. Add the juices and beat the mixture until well blended. Add the almond flour to the mixture

and blend until well combined.

Step Three Fold the whipped egg whites into the yolk mixture in three additions. Prepare a cupcake pan with baking cups and fill each cup almost to the top. Bake for about 15 minutes, or until the cupcakes are golden brown on top. Remove from the oven - as they cool, the top will deflate. When cool, frost with:

Chocolate Orange Frosting

1 Cup Semi Sweet Chocolate Chips
½ Cup Canola or Grapeseed Oil
3 TB Powdered Sugar
1 TB Vanilla Extract
Zest of 2 Oranges
Pinch Sea Salt

In a small saucepan over low heat, melt the chocolate and oil. Stir in the sugar, vanilla, zest and salt. Place

the frosting in the fridge for at least an hour to set up. Remove from fridge and whip frosting until thick and fluffy.

2 Kitchen Smidgen

*Can't find almond flour in your neighborhood grocery? No problem. Buy raw almonds and grind them in your food processor. Be careful - you don't want to make almond butter! The cupcakes will not have a smooth texture - but they will still be delicious.

3 Get Creative

These cupcakes are made even more delicious and better-for-you by the use of honey instead of sugar. Check out my spring baking tips at Calphalon for more ideas just like this:

<http://bit.ly/hwt32W>

4 WINE of the Week

Villa Lanata Moscato D'Asti
Asti, Italy
About \$15.00 at Total Wine

This lightly sweet, slightly fizzy wine is a wonderful accompaniment to nut or fruit based desserts - making it a perfect pair for the orange almond cupcakes. Hailing from the Piedmont region, the same area that claims heavy hitters like Barolo and Barbaresco, this is an authentic taste of Italy at a reasonable price.