

SERVES 12

Sugar-Free Raspberry Lemon Cupcakes

(Gluten-Free, Diabetes-Friendly, Nut-Free, Low-Sugar)

Isabellemckenzie.com | total time: 45 minutes



INGREDIENTS

- ½ tbsp unsalted butter, melted
- 2 large egg whites at room temperature
- 3 tbsp of Meyer lemon zest (you'll need about 3 to 4 lemons)
- 2 ½ tsp liquid vanilla creme stevia drops
- 1/2 tsp salt
- ½ cup plain nonfat Greek yogurt or plain unsweetened yogurt
- ½ cup + 2 tbsp squeezed Meyer lemon juice
- ¾ cup nonfat milk
- 2 ½ cups of whole wheat flour or gluten free replacement
- 2 tsp baking powder
- ¾ tsp baking soda

For Frosting:

- softened 4 oz. light cream cheese
- 1/2 cup raspberries, frozen, thawed, and drained
- 1/2 cup heavy cream
- 1/2 tsp. vanilla extract
- 2 to 4 drops of pure liquid stevia berry sweet drops or vanilla creme, to taste

INSTRUCTIONS

1. Coat with nonstick cooking spray or line 12 cupcake cups. Preheat your oven to 350 F. In a large mixing bowl, using a whisk (don't use a hand-held mixer or stand mixer) whisk together the egg whites, butter, salt, lemon zest, and liquid stevia. Next, add the yogurt and lemon juice, and stir until no lumps remain. Stir in the milk. Toss the flour and sprinkle the baking powder and baking soda evenly over the top of the matter in the bowl and stir until just blended together.
2. Pour the batter equally between the prepared cupcake tins. Bake for 22 to 28 minutes. The center of each cupcake should feel firm to the touch. Cool in the pan for about 8 minutes and then transfer to a cooling wire rack to cool completely.
3. While your cupcakes cool, make your frosting. In a stand mixer or with a hand mixer, cream the cream cheese until smooth. Add the drained raspberries and blend them together. Continue mixing and add the heavy, mixing on high until whipped. Once whipped, add the vanilla extract and stevia and blend. This recipe makes about 1 1/2 cups total. Chill until ready to frost.
4. Store the cupcakes in the fridge in an airtight cake box for 3 days. You can freeze cupcakes without frosting on top.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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