

Less than 1 hour

Makes 12-16

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Ingredients:

- $\frac{2}{5}$  cup (100ml) unsweetened cocoa powder + extra for dusting
- 1 can (400g) red kidney beans, drained and rinsed
- 1 tsp (5ml) vanilla essence
- Pinch salt
- 5 large eggs
- 1 tsp (5ml) baking powder
- 1 tsp (5ml) bicarbonate of soda
- 6 Tbsp (90ml) butter, softened
- $\frac{1}{2}$  cup (125ml) honey or brown sugar

Frosting:

- 2 ripe avocados, halved
- $\frac{1}{2}$  cup (125ml) unsweetened cocoa powder
- $\frac{1}{2}$  cup (125ml) honey or maple syrup
- 3 Tbsp (45ml) peanut butter
- Salt
- 1 tsp (5ml) vanilla extract

Method

1. Preheat oven to 180°C.
2. Place 12 cupcake cases into a cupcake pan.
3. Blend all cupcake ingredients together until smooth, about 5 minutes.
4. Spoon mixture equally into cupcake cases and bake for 20-35 minutes until a skewer inserted into the cupcakes comes out clean.
5. Remove from pan (leave in their casings) and cool on a wire rack.

6. Blend frosting ingredients together until smooth and spread onto cupcakes.
7. Serve dusted with cocoa powder.

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