

Pumpkin Cupcakes with Cinnamon Frosting (makes 24 cupcakes)

Nut free. Also adapted for dairy-free, egg-free and gluten-free

½ cup butter or dairy-free butter (I like *Country Crock* plant butter), room temp

3 cups sugar

4 eggs **OR COMBINE** 3 T. apple butter, 6 T. aquafaba, 3 T. warm water, 4 tsp.

Namaste or *Ener-G* egg replacer, 2 tsp. golden flaxseed meal, 1 tsp. apple cider vinegar

1 15-oz can pumpkin

1 tsp. vanilla extract

3 ⅓ cups unbleached all-purpose flour or gluten-free flour blend

2 tsp. ground cinnamon

1 tsp. salt

1 tsp. baking soda

1 tsp. baking powder

½ tsp. ground cloves

½ tsp. ground ginger

1 cup whole milk OR 1 cup non-dairy milk (I like *Westsoy* unsweetened soy milk)

Directions

Preheat the oven to 350 degrees. Prepare *aquafaba*: with a fine mesh strainer, strain a can of UNSALTED chickpeas (I like *Wegmans* organic garbanzo beans) into a bowl or measuring cup. Reserve chickpeas for another use. Strain the juice one more time into a lidded jar. Unused aquafaba will keep in the fridge for three days. Whisk together egg substitute ingredients and set aside.

In a large bowl, whisk together flour, cinnamon, salt, baking soda, baking powder, cloves and ginger.

In a stand mixer, beat together butter and sugar. Slowly add in eggs or egg substitute mixture, pumpkin and vanilla until blended. Slowly add in the flour mixture, followed by milk, until blended. Beat on high for 1 minute, stopping once to scrape down the sides of the mixing bowl.

Spray cupcake pan with non-stick cooking spray, add cupcake liners, and spray lightly again. Fill each cupcake liner with a heaping $\frac{1}{4}$ cup batter. Bake for 20 - 25 minutes until a toothpick inserted into the middle comes out clean.

Frosting

Beat together:

2 sticks softened butter or non-dairy margarine (I recommend *Country Crock* plant butter or *Fleischmann's* margarine)

$\frac{1}{2}$ cup *Spectrum* organic vegetable shortening

A pinch of salt ONLY if using real butter

4 to 5 cups powdered sugar

2 tsp. ground cinnamon

2 tsp. vanilla extract

For a fun **PUMPKIN SPICE LATTE** twist, mix a tablespoon of instant espresso powder with the 2 tsp. of vanilla extract before adding to the frosting. Top the frosted cupcake with a whole coffee bean for garnish.