

4th of July Organic Whole Wheat Cupcakes

Yield: 12 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/organic-recipe-for-the-4th-of-july>

Ingredients:

- 1/4 cup coconut oil melted
- 4 tablespoons salted butter softened
- 2 eggs organic
- 1 egg white organic
- 1 1/4 cups sucanat ground, or granulated sugar
- 2 teaspoons vanilla extract
- 1/4 teaspoon baking soda
- 1 teaspoon baking powder
- 3/4 teaspoon kosher salt
- 2 cups white whole wheat flour organic
- 1/4 cup milk
- 1/2 teaspoon white vinegar
- 1 cup heavy whipping cream
- 3 tablespoons sucanat powdered, or powdered sugar
- 1/8 teaspoon vanilla extract
- 1 cup shredded coconut I used unsweetened
- 3 handfuls berries red and blue, your choice

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 13 grams
8. Sodium: 300 milligrams

9. Sugar: 18 grams

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