

Carob Cupcakes with Chicory, Dates, Figs, and Almonds

Yield: 19 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicory-recipe>

Ingredients:

- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 tablespoon chicory
- 2/3 cup sugar
- 3/4 cup butter room temperature
- 1/2 cup sugar
- 1 cup wine barley, if you don't have any, you could just use your favorite beer
- 1/2 cup molasses carob
- 2 eggs
- 2/3 cup plain yogurt
- 1/4 cup fig jam
- 1/4 cup dates baking, dried dates pitted and smashed
- 1 cup slivered almonds

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 45 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 140 milligrams
9. Sugar: 22 grams

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