

PARTY WITH Pulses!



A REFRESHINGLY
SIMPLE CUPCAKE
MADE WITH CHICKPEAS!

LEMONY CHICKPEA CUPCAKE

PULSE	PREP TIME	BAKE TIME	MAKES
Chickpeas	15 min	18-20 min	12 cupcakes

INGREDIENTS

1 can (19 oz/540 mL)	chickpeas, drained & rinsed (yields 2 cups/500 mL cooked)
1/3 cup (75 mL)	canola oil
1/4 cup (60 mL)	fresh lemon juice
2 tsp (10 mL)	grated lemon zest
2	egg yolks
2/3 cup (150 mL)	all-purpose flour
1/2 cup (125 mL)	granulated sugar, divided
2 tsp (10 mL)	baking powder
1/2 tsp (2 mL)	salt
2	egg whites
1/8 tsp (0.5 mL)	cream of tartar
2 Tbsp (30 mL)	freshly squeezed lemon juice (optional)

RASPBERRY CREAM CHEESE FROSTING (OPTIONAL)

2 packages (8 oz/250 g)	light cream cheese
1/2 cup (125 mL)	butter, softened
1/2 cup (125 mL)	icing sugar
1/4 cup (60 mL)	seedless raspberry jam
1/4 tsp (1 mL)	fresh lemon juice

DIRECTIONS

1. Preheat oven to 350°F (180°C). Prepare muffin tins with large muffin cup liners.
2. In a food processor, purée chickpeas with oil, lemon juice and lemon zest. Add egg yolks and blend well until mixture is smooth.
3. In a large bowl, combine flour, 1/4 cup (60 mL) sugar, baking powder and salt. Add puréed chickpea mixture and mix well.
4. In a medium bowl, beat egg whites and cream of tartar until foamy. Gradually add remaining 1/4 cup (60 mL) sugar in a slow, thin stream, beating until whites form stiff glossy peaks.
5. Fold beaten egg whites into chickpea mixture. Divide batter among paper-lined muffin tins. Bake for 18-20 minutes, or until toothpick inserted in centre of cupcake comes out clean. Cool 5 minutes, then remove from muffin tins and onto wire racks to cool completely.
6. Drizzle 1/2 tsp (2 mL) lemon juice over each cupcake, then sprinkle with icing sugar if desired or omit icing sugar and top with raspberry cream cheese frosting.
7. To make cream cheese frosting, cream together cream cheese and butter in a large mixing bowl. Add icing sugar, jam and lemon juice and mix on low until combined. Scrape down sides, then beat on high speed for about 1 minute until smooth and fluffy. Makes about 3 cups (750 mL) frosting.

NUTRIENTS PER SERVING (1 cupcake, no icing)

163 Calories, 7 g Fat, 1 g Saturated Fat, 32 mg Cholesterol, 21 g Carbohydrate, 2 g Fibre, 10 g Sugar, 4 g Protein, 220 mg Sodium, 138 mg Potassium, 46 mcg Folate, 1 mg Iron

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