

Surprise Salted Caramel Cupcakes**

Ingredients:

For Cupcakes

- 2 (15 oz) Cans of Cannelli Beans rinsed and drained
- 3 large Eggs
- 3/4 cup Egg Whites (from about 6 eggs)
- 3/4 cup [Monk fruit Sweetener](#)
- 1/4 teaspoon Mineral Salt
- 2 t. Baking Powder (Aluminum free is best)
- 1 t. Baking Soda
- 1 t. Pure Vanilla Extract or [vanilla bean paste](#) which brings a whole new level of flavor!
- 1 t. Caramel Flavor
- 2 T. Coconut Oil

For the Cream Cheese Frosting

- 8 oz cream cheese or Neufchatel Cheese
- 1 /4 c. Heavy Cream
- 1/2 cup [Monk fruit Sweetener](#)
- 1 t. Pure Vanilla Extract or [vanilla bean paste](#) which brings a whole new level of flavor!
- 1/2 t. Caramel Flavor
- 2-3 Pinches Salt

Directions:

Preheat the oven to 350 Degrees F.

Line one muffin tin with 12 liners. If using paper liners you may want to spray them with some coconut oil but we really like using [these reusable silicon liners](#).

Put all the cupcake ingredients in a blender and process until smooth and creamy.

Pour the batter into the muffin tin.

Bake for 25-30 minutes or until the tops are lightly browned.

Remove from the oven and let cool for 10- 15 minutes on rack and then place into the refrigerator for at least 1-2 hours. DO NOT frost until they are COMPLETELY cool!

For the Cream Cheese Frosting

Rinse out the blender and place all the frosting ingredients into it.

Blend until thick and creamy and then a minute longer for extra fluffiness.

Spread or pipe onto cooled cupcakes and refrigerate another 2-3 hours or longer. They get better with time!

Top with a sugar-free caramel sauce, if desired, right before serving.

For chocolate cupcakes:

Omit the caramel flavorings and add 6-12 T. of cocoa to the cupcake batter. (I like using [Black Cocoa powder](#) for a really intense flavor but it might be a little much for some people.)

For the icing:

You can leave it as is or just omit the caramel flavoring and top with some sugar free chocolate chips or shavings... you could also add a little bit of cocoa to the icing to taste but I haven't had a chance to try that yet!

** based off the Magic Salted Caramel Cupcakes recipe from the Trim Healthy Table cookbook