

Pineapple Macadamia Potato Cupcakes

SPUDSTITUTION: This recipe replaces sour cream and reduced butter with potatoes!

These cupcakes are perfect for any occasion. Whimsical coconut frosting sits atop the cupcakes to attract even the youngest dessert lover.

2-1/4 cups (550 mL) all-purpose flour
1 tsp (5 mL) baking powder
1 tsp (5 mL) baking soda
1/4 tsp (1 mL) each: ground allspice and nutmeg
pinch salt
1/2 cup (125 mL) butter, softened
3/4 cup (175 mL) granulated sugar
2 eggs
1 cup (250 mL) mashed Ontario potatoes, cooled
1/2 cup (125 mL) crushed pineapple
1 tsp (5 mL) vanilla
1/3 cup (75 mL) chopped macadamia or cashew nuts
Coconut Frosting:
3/4 cup (175 mL) butter, softened
1/2 tsp (2 mL) coconut extract
1-1/2 cups (375 mL) icing sugar
1/3 cup (75 mL) sweetened flaked coconut, toasted (Option: Use fresh shaved coconut, toasted)
In large bowl, whisk together flour, baking powder and soda, allspice, nutmeg and salt. In other large bowl, beat butter and sugar until fluffy. Beat in eggs one at a time and potato until combined and smooth. Beat in pineapple and vanilla. Add flour mixture and stir until moistened. Add nuts and stir to distribute evenly. Scoop batter into 12 greased or paper-lined muffin cups. Bake in 350 F (180 C) oven 20 minutes or until tester inserted in centre comes out clean. Let cool completely. Remove from muffin cups.

Coconut Frosting: In bowl, beat butter and extract until almost white. Gradually beat in icing sugar until fluffy and smooth. Spread frosting over cupcakes and top with toasted coconut.

Cake Variation: Divide batter between two 8-inch (1.2-L) greased and parchment paper-lined round cake pans. Using offset spatula spread out batter to smooth top. Bake 25 minutes or until tester inserted in centre comes out clean. Let cool completely. Remove from pans. Spread 1/2 cup (125 mL) of frosting onto one cake layer and top with second cake layer. Spread remaining frosting decoratively over top and sprinkle with coconut.

Makes 12 servings

Per serving: 440 calories, 4 g protein, 24 g fat, 51 g carbohydrates, 1 g fibre, 370 mg sodium

