

# 10 Steps TO MAKE COFFEE CUP CAKES

## INGREDIENTS

*Serves 5-6 cup cakes*

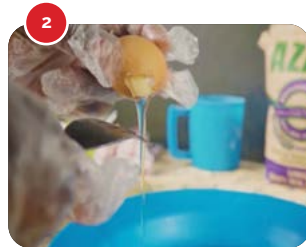
Baking flour.....	500g/2 cups
Vegetable oil.....	100ml
Eggs.....	2
Stevia/diabetic sugar.....	2 full tbsp or honey
Coffee.....	6-8 full tbsp
	4g/1 cup/2 bags

## MATERIALS

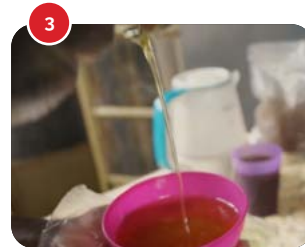
Food grade gloves.....	1 pair
Baking tray.....	1
Plastic cup.....	1
Metalic strainer.....	1
Plate.....	1
Clean bowl.....	1
Fork or whisker.....	1
Cup cake papers.....	1 packet
Saucepans.....	2
local oven/charcoal stoves.....	1



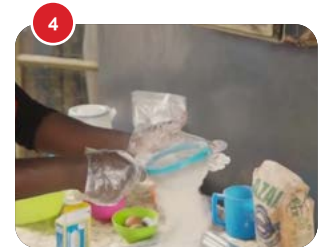
1 Wash hands thoroughly with soap and water. Put on food-grade gloves.



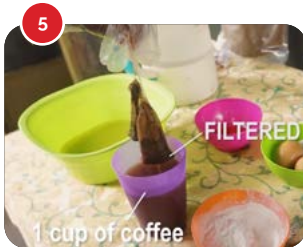
2 Break 2 eggs and separate the egg yolk from the egg white. Place the egg white on a clean plate and add 1 tablespoon of stevia/diabetic sugar. Whisk with a fork until it forms into a white paste.<sup>1</sup>



3 Get a clean bowl and pour 100ml of vegetable oil. Add the egg yolk (yellow part) to the oil and mix well.



4 Measure 2 cups of flour and sift it using a strainer. Add the sifted flour to the bowl with the oil mixture.<sup>2</sup>



5 Soak 2 coffee bags in one cup of hot water and leave to brew for about 2-5 minutes. Add 1 tablespoon of stevia sweetener to the brewed coffee.<sup>3</sup>



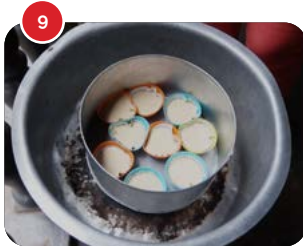
6 Slowly mix the coffee liquid in small batches on the mixture. Keep stirring the added coffee.



7 Lastly, slowly add the egg white paste in the bowl mixture.



8 Using a tablespoon, put the dough mixture in cupcake paper or silicone moulds.



9 Bake cupcakes in a traditional oven for 30-40 minutes.<sup>4</sup>



10 Pierce the back of a knife in the cupcake. If no dough sticks to it, the cakes are done.

## TIPS

1. Stevia sugar is a natural sweetener.
2. Sifting helps to aerate the flour and give the cake a great texture.
3. Brewed coffee brings out the coffee aroma.
4. The traditional stove is made with a small charcoal stove. Place a large saucepan with three stones at the bottom. Place smaller pan on the stoves and cover with a lid. Place hot charcoal on the lid and cover with another pot upside down.