



**Makes 12 cupcakes**  
**Cook Time: 4 hours**

### INGREDIENTS:

#### FOR THE CAKE

$\frac{2}{3}$  cup unsweetened, unflavored plant milk

$\frac{1}{2}$  tablespoon apple cider vinegar

$\frac{1}{2}$  tablespoon ground flaxseed

6 tablespoons pure maple syrup

1 teaspoon pure vanilla extract

$\frac{3}{4}$  cup whole-wheat pastry flour

$\frac{1}{4}$  cup almond flour

2 tablespoons pure cocoa powder

$\frac{1}{2}$  teaspoon baking powder

$\frac{1}{2}$  teaspoon baking soda

$\frac{1}{8}$  teaspoon sea salt

#### FOR THE ICE CREAM

2 bananas, cut into 2-inch pieces and frozen for at least 4 to 6 hours

1 $\frac{1}{2}$  (10 ounce) bag frozen strawberries (about 2 cups)

1 tablespoon almond butter

1 tablespoon maple syrup (optional)

$\frac{1}{4}$  cup chocolate chips (1 teaspoon per cupcake)

# Strawberry Chocolate Ice Cream Cupcakes

Ice cream cakes have always been a favorite dessert of mine, and I love how the melted ice cream gets soaked up by the cake. This recipe comes together easily and can be made days in advance.

Although you make this in steps, the whole dessert is made in one mold: You bake the bottom of the cupcakes first, and then top them with the ice cream and freeze until ready to serve. You can make and then store the cupcakes out of the molds in a flat, freezer-safe container. This recipe is best made in a silicone mold so that you can easily pop out the frozen cupcakes.

<https://www.youtube.com/watch?v=D1Wqt38sM98&t=2s>

By Darshana Thacker Wendel

- 1 Preheat the oven to 350°F. Place a silicone cupcake mold on a baking sheet.
- 2 Make the cake: In a medium bowl, whisk together the milk, vinegar, and ground flaxseed. Let stand for 10 minutes.
- 3 Whisk in the maple syrup and vanilla. Set aside.
- 4 In a large bowl, whisk together the flours, cocoa powder, baking powder, baking soda, and salt until well blended.
- 5 Add the liquid ingredients to the dry mixture and mix well.
- 6 Pour 2 tablespoons of the batter into each cupcake mold. Bake until a toothpick inserted in the middle of the cupcake comes out dry, 40 to 45 minutes.
- 7 Cool the cupcakes completely in the mold for 10 to 15 minutes.
- 8 Meanwhile, prepare the ice cream: Peel and cut bananas. Spread out in a flat, freezer-safe container and freeze until firm, at least 4 to 6 hours.
- 9 In a blender, combine bananas, strawberries, almond butter, and maple syrup (if using). Blend into a smooth consistency. Transfer the ice cream to a container and freeze until the cupcakes are completely cool.
- 10 Scoop the mixture on top of the cakes, filling  $\frac{3}{4}$  full. Flatten it with a spatula. Cover with plastic wrap and freeze for at least 3 to 4 hours for the ice cream to set.
- 11 When ready to serve, remove the cakes from the mold and place on individual plates; let stand for 10 to 12 minutes. Sprinkle each cupcake with 1 teaspoon of chocolate chips (if using). Serve immediately.