



Chocolate Caramel Maple Cream Bacon Cupcake

Winner of [Jay Dunn \(Paleolovr\)](#)'s contest

Cupcakes:

1 Cup [SuperSeedz](#) ([Sea Salt variety](#))
¼ Cup coconut flour
1 ½ Cups [Enjoy Life Foods chocolate chips](#)
½ Cup coconut milk
¼ Cup coconut oil (I used [Winona Pure](#))
3 Eggs*
1 Teaspoon vanilla
1 Teaspoon [Braggs](#) apple cider vinegar

Prep Time: 17 Minutes Bake Time: 20 Minutes

Frosting:

2 Cups [Spectrum](#) shortening
1 ½ Cups maple syrup
3 Teaspoons vanilla
1/8 Teaspoon sea salt

Prep Time: 2 Minutes Whip Time: 4 Minutes

Caramel Sauce:

1 ½ Cups coconut milk
½ Cup date sugar
½ Teaspoon sea salt
½ Tablespoon [coconut oil](#)
½ Tablespoon vanilla

Prep Time: 4 Minutes Cook Time: 30 minutes

Additional Toppings: [Chocolate chips](#), cooked bacon & additional maple syrup to drizzle

1. **Make the caramel sauce-** in a medium saucepan, combine the coconut milk, date sugar and sea salt
2. Bring to a boil, then reduce the heat and simmer for 30 minutes, stirring with a whisk
3. When the sauce covers the back of a spoon, remove from heat
4. Add the coconut oil and vanilla, continuing to stir frequently
5. Allow to cool then refrigerate overnight
6. **Make the cupcakes-** Preheat the oven to 350°
7. Insert baking cups into a muffin tin and set is aside
8. Using a food processor, pulse the Super Seedz only long enough to make a fine powder (over-pulsing will make it clump into seed butter)
9. In a large bowl, combine all of the ingredients
10. Mix with a hand mixer and combine well
11. Fill the prepared baking cups and bake until a toothpick comes out clean
12. **Make the Frosting-** In a large bowl using a hand mixer, combine all of the ingredients, scraping the sides of the bowl as you whip to combine evenly
13. **Compose the Cupcake-** Begin by frosting the cupcakes
14. Next, drizzle the caramel sauce across the frosting (a frosting bag works well for this)
15. Add chocolate chips
16. Insert cooked bacon pieces
17. For additional maple flavor, drizzle additional maple syrup

*Need to be egg free? Try using aquafaba in place of the eggs and for additional protein!

Makes 12 cupcakes