Flourless Tangerine and Sweet Lemon Cupcake

Ingredients:
- 2 large tangerines (to make a cup of puree), or tangelos
- 1 sweet lemon
- 3 eggs, separated into two bowls
- 1 1/3 cup sugar, more or less depending on sweetness of tangerines
- 1/2 tsp vanilla extract
- 3 cups almond meal, sifted
- 1 tsp baking powder
- confectioner’s sugar for dusting

Makes 24 cupcakes

Directions:
- Preheat your oven to 350 degrees. Line a muffin pan with muffin liners
- Place lemon and tangerines in a pot, cover them with water until they are completely submerged. Cover the pot and bring water to a boil, cook for 15 minutes, and then drain. Repeat process once more.
- Cut citrus into bite size pieces, removing all seeds. Place citrus into a food processor or blender and mix into a smooth puree. You should have about 1 cup of puree.
- Beat eggs and sugar until light and fluffy. Beat in vanilla and stir in puree.
- Mix almond meal and baking powder together, mix well.
- Mix in the almond meal and baking powder mix into eggs, making sure not to over mix.
- Fill cupcake liners 2/3 full and bake for 15-20 minutes or until a toothpick inserted in the middle comes out clean.
- Remove from oven, cool and sprinkle with powdered sugar.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/15/2013