

Banana, chia & almond cupcakes with honeyed labneh

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Anna Gare shares her delightful banana, chia and almond cupcakes. It's gluten free and a wonderful treat for any special occasion.

Ingredients (makes about 16)

- 550 g banana flesh (about 5–6 bananas, peeled)
- 8 eggs
- 200 g caster (superfine) sugar
- 1 tsp natural vanilla extract
- 375 g (3 ³/₄ cups) almond meal
- 2 tbsp chia seeds
- 2 tsp baking powder, sifted
- Honeyed labneh
- 500 g plain yoghurt
- 1 heaped tbsp honey
- ¹/₂ tsp vanilla bean paste

Method

Preheat a fan-forced oven to 160°C or a regular oven to 180°C.

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Blitz the banana flesh, eggs, sugar and vanilla together in a food processor until smooth.

Add the almond meal, chia seeds and baking powder to the mixture in the food processor. Pulse gently a few times to just combine.

Pour the mixture into straight-sided cupcake cases or moulds, filling each one three-quarters full.

Bake for 25 to 30 minutes until golden on top. Insert a skewer into the centre of a cake and, if it comes out clean, the cakes are ready. Set aside and allow to cool.

To make the honeyed labneh, Strain the yoghurt overnight through a fine mesh sieve or muslin (cheesecloth) set over a bowl in the fridge to release the whey (liquid).

Discard the whey and combine the strained yoghurt, honey and vanilla bean paste together in a bowl.

Stir until smooth. The mixture should be the consistency of whipped cream.

Spoon or use a piping (icing) bag to apply a generous amount of labneh on top of each cupcake and decorate with edible flowers.

Images and recipes from [Delicious Every Day](#) by Anna Gare, published by Murdoch Books, RRP \$39.99.

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