



April 9, 2013

Recipe of the Week: Alegria Fresh's raw superfood cupcake and puree



Editor's note: We asked [Alegria Fresh](#) – an amazing, sustainable farm right here in Orange County – to provide a recipe each month for our weekly series. (You may remember hearing about [their healing foods dinner in March](#).) We're excited to try these out, enjoy!

We believe that everyone wants to indulge now and then, and few foods are more nutrient packed indulgences than raw cacao. Why not have an “indulgent” raw cacao cupcake loaded with superfoods, protein and antioxidants? There are only so many calories one can eat in a day, so pack those calories with as many nutrients possible to support energy, health and well-being. And...satisfy your chocolate craving!

Raw cacao superfood cupcake with Alegria Farm strawberry puree

Ingredients

For cupcake:

1 cup raw pecans
1 cup almond flour
1 cup dates
1/4 cup hemp seed
1/4 cup shredded coconut
1/4 cup + 2 tablespoons raw cacao powder
2 tablespoons vanilla
2 tablespoons cinnamon
2 tablespoons raw agave nectar or honey
1 tablespoon softened coconut oil
1/4 teaspoon sea salt

For superfood frosting:

1 cup dates
1 teaspoon each of vanilla bean powder, maca root powder, lucuma root powder
1.5 tablespoons cinnamon
1/4 cup + 1 tablespoon raw cacao powder
1/4 cup raw pine nuts
2 tablespoons vanilla
1 tablespoon orange zest
1 tablespoon orange juice
small pinch of sea salt
3 tablespoons coconut oil

For strawberry puree:

1 cup strawberries from Alegria Farm
4 dates

Directions

1. For the cupcake, combine all ingredients in food processor until it holds together. Start with the dates, and dry ingredients and add the wet ingredients and oil last.
2. Do not over process the nuts, and stop when they are crumbly. Over processing will release the oils from the nuts.
3. Scoop up the mixture and press into cupcake tin. Refrigerate.

Enjoy!

About Alegría Fresh

Alegría Farm is a new demonstration hydroponic vertical farm employing over 120 hydroponic towers growing over 8,000 plants in less than 1/8 acre. Alegría Farm is Orange County's first hydroponic vertical farm which uses no soil, 90 percent less water,

70 percent less land and 50 percent less fertilizer than traditional organic farming and zero toxic pesticides. The high-performance growing system produces clean, nutrient-rich food three times faster than traditional farming and allows plants to grow bigger and stronger, making them naturally more pest-resistant.

Alegría Farm produces an exotic tasting variety of leafy greens, medicinal herbs and heirloom vegetables. Hydroponic farming is soilless and utilizes coconut fiber instead of organic soil, which virtually eliminates toxic pesticide use to produce stronger plants that are substantially more nutrient-rich. For more information on Alegría Farm or to schedule a tour, please visit www.AlegríaFresh.com or follow on [Facebook](#) and [Twitter](#).

http://www.myhealthyoc.com/2013/04/alegria-fresh-raw-superfood-cupcake-vegan-desserts/?utm_source=myHealthyOC&utm_medium=alegria-fresh&utm_content=recipe-alegria-1&utm_campaign=get-inspired-oc