

Peanut Butter Cupcakes

1 and 1/4 cups all-purpose flour (spoon & leveled)
1/2 teaspoon baking soda substitute
1/2 cup canola or vegetable oil
1/2 cup creamy peanut butter (Fifty 50 brand = 0 sodium)
1 cup packed light or dark brown sugar
1 large egg, at room temperature
1/3 cup sour cream, at room temperature
1 and 1/2 teaspoons pure vanilla extract
3/4 cup whole milk, at room temperature
1/3 cup very finely crushed or chopped unsalted peanuts (optional)

Preheat the oven to 350°F (177°C). Line a 12-cup muffin pan with cupcake liners. Line a second pan with 2-3 liners because this recipe yields 14-15 cupcakes. Set aside.

Make the cupcakes: Whisk the flour, baking soda, and salt together in a medium 2 bowl. Set aside. Using a handheld mixer or a whisk, mix the oil, peanut butter, brown sugar, egg, sour cream, and vanilla extract together in a large bowl. Add the dry ingredients, milk, and peanuts and whisk or beat together until completely combined. Avoid overmixing. Batter will be slightly thick.

Pour/spoon the batter into the liners, filling only 2/3 full to avoid baking over the sides. Bake for 21-23 minutes, or until a toothpick inserted in the center comes out clean and the tops of the cupcakes spring back when gently touched. Allow the cupcakes to cool completely before frosting.

Entire recipes has 160 mg sodium, so just a little over 10 mg of sodium per cupcake!