

Double Chocolate Cup Cake

Ingredients	Grams	Baker's %
Hot brewed coffee	360	88
Chocolate	84	20
Pea protein concentrate	42	10
Water at 75°C	123	30
Vanilla extract	3.0	0.7
All purpose flour	410	100
Sugar	645	157
Unsweetened cocoa powder	124	30
Baking soda	12.2	3.0
Baking powder	3.1	0.8
Salt	8.6	2.1
Vegetable oil	165	40
Milk	196	48
Sour cream	244	60

Nutrition Facts	
Serving Size (60g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 18g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Procedure:

1. Mix chopped chocolate with hot coffee.
2. Mix pea protein concentrate with water and vanilla extract. Mix all wet ingredients.
3. Add dry ingredients and mix on medium speed. Fill muffin pans.
4. Bake at 300°F for 20 minutes.
5. Cool completely and spread the cupcake with a frosting.



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