



Summer Surprise Cupcakes

Small old fashioned fruit-filled maple cupcakes with creamy cheese frosting

Cupcakes:

- 1-3/4 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter
- 3/4 cup granulated sugar
- 2 eggs
- 1/2 cup maple syrup
- 1 teaspoon vanilla
- 1/2 cup low fat milk
- 4 to 6 Tablespoons peach bourbon preserves or wild blueberry jam

Frosting & Filling:

- 4 ounces strawberry cream cheese
- 2 Tablespoons unsalted butter
- 1/2 Tablespoon maple syrup
- 1 teaspoon vanilla
- 2 cups confectioners' sugar or as needed

Garnish edible flowers or royal icing flowers as desired

Preheat oven to 375-degree F. Line cupcake pan with 12 paper cupcake liners.

Combine Dry Ingredients: In a large bowl, combine flour, baking powder, and salt; set aside.

Prepare Cupcake Batter: In a mixing bowl, cream butter and sugar until light. Add eggs, maple syrup, and vanilla; beat until smooth. Slowly alternate adding flour mixture and then milk until batter forms.

Bake Cupcakes: Spoon into prepared muffin cups, filling about 3/4 full. Bake for about 25 to 30 minutes or tests done with an inserted toothpick. Cool in pan about 10 minutes. Remove to rack. Cool completely.

Fill Cupcakes: Make a hole in center of cupcake with an apple corer, round handle of spoon, or use pastry tips in a pastry bag. Push it into the cupcake about 1-inch. Fill the bag with jam; insert jam into the hole.

Prepare the Frosting: In a mixing bowl, beat cream cheese, butter, and maple syrup, and vanilla. Beat in confectioners' sugar until frosting consistency. Place frosting in piping bag with star shaped decorator's tip or swirl frosting over the top of cupcakes generously. Top with your favorite edible or frosting flower. Store in refrigerator. Yield: 12 cupcakes

Cook's Note: This is an old-fashioned cupcake with a dense texture. Use your favorite jam or fruit spread for the filling. I like to make 6 of them peach and fill the remainder with wild blueberry jam. If you want a thicker frosting, add more confectioners' sugar. The frosting will be fluffy and very creamy.

About the Recipe: The cupcakes have a dense old-fashioned texture that will remind you of a pound cake. They have a light maple flavor and are filled with sweet fruit jam. A fluffy cream cheese frosting is swirled on top of each cupcake. It's fun to add a fresh edible flower on top or make royal icing flowers. What a delightful way to celebrate the summer season!

ROYAL ICING FLOWERS

Royal Icing for Flowers

Note: You can use meringue powder; follow directions on package.

3 egg whites

1/2 teaspoon cream of tartar

1-pound confectioners' sugar

Beat egg white and cream of tartar in a small bowl until frothy. Gradually add sugar while beating until firm peaks form. Cover with plastic wrap.

For Small Amount of Royal Icing

1 egg white

1/4 teaspoon cream of tartar

6 ounces confectioners' sugar

Divide your icing into small bowls. Use a small amount of paste colors on a toothpick to add color to the icing. Stir until desired color. Keep icing covered with plastic to stay soft.

Place a small flower tube in a pastry bag or snip the end of a small plastic bag to form a pastry bag. Fold down the bag top; place a flower shape tube in bottom of bag; fill with icing. Twist the top of bag; press flower shapes on waxed paper. Set aside to dry. If desired, fill another pastry bag with a writing tube in the bottom and fill with another color to make dots in the center of each flower. Let them dry completely. These will harden and can be placed on the top of each cupcake.