



GINGERBREAD CUPCAKES WITH LEMON CREAM CHEESE FROSTING

By Dr. Cindy Tanzar
(Special Occasions)

Warm, spiced, and incredibly moist, these Gingerbread Cupcakes are a festive twist on a classic treat—perfect for the holiday season or a special gathering. The deep flavors of ginger, cinnamon, allspice, and nutmeg are gently toasted in butter to intensify their richness, then baked into a tender almond flour cupcake. Topped with a bright and tangy lemon cream cheese frosting, they offer a delicious contrast of cozy and refreshing flavors. A treat to be savored slowly—and best kept for special occasions or maintenance phases.

Makes 10-12 cupcakes.



INGREDIENTS

CUPCAKES:

1/2 cup Kerry Gold butter (1 stick)
2 cups almond flour
2 tsp. baking powder



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1/2 cup Swerve granular
2 Tbsp ground ginger, divided
2 Tbsp cinnamon, divided
2 tsp. allspice, divided
2 tsp. nutmeg, divided
1/4 tsp. cloves
1/2 cup sour cream
3 pastured eggs

FROSTING:

8 oz cream cheese, softened
1/2 cup Kerry Gold butter (1 stick), softened
2/3 cup Swerve Confectioners
Zest of one lemon, grated
1/2 lemon, juiced (or more to taste)
3 Tbsp heavy cream (or more to make of spreadable consistency)

DIRECTIONS

Preheat the oven to 400°F.

In a small pan over medium-low heat, melt the butter. Add 1 Tbsp ginger, 1 Tbsp cinnamon, 1 tsp. allspice & 1 tsp. nutmeg and whisk well. Bring to a simmer, then remove from heat and set aside.

In a large bowl, mix the almond flour, baking powder, Swerve, 1 Tbsp ginger, 1 Tbsp cinnamon, 1 tsp. allspice, 1 tsp. nutmeg and 1/4 tsp. cloves.

Add melted butter and sour cream, whisking loosely. Add eggs and mix until batter forms.

Fill silicone cupcake pan or cupcake liners close to full. Bake 20-25 minutes – until toothpick inserted comes out clean.

For Frosting: beat cream cheese and butter until smooth. Add Swerve, zest and lemon juice, mixing well. Mix in heavy cream until smooth enough to spread.