

# SHAPE

SHAPE  
YOUR  
LIFE

JILLIAN  
MICHAELS'  
SUMMER  
SHAPE UP  
Part 1

Proven Plan

**TRIM &  
TONED**  
IN 23 MINUTES  
Fastest Full-Body  
Workout EVER

SEND YOUR  
**SEX**  
DRIVE  
SOARING!

**EASY  
WEIGHT  
LOSS**  
See Results in 4 Days

**100+**  
KEY BEAUTY  
& FASHION  
FINDS

Executive, TV Star,  
Designer, Wife, Mother

**Ivanka  
Trump**  
The Secret  
to Her Sleek  
Physique  
p30

**STOP  
SKIN  
AGING!**  
30 FAST  
FIXES

**OUTSMART  
CRAVINGS  
NOW!**  
Instant  
Satisfaction





## Angel Food Cupcakes with Coconut Frosting

**Serves:** 12

**Prep time:** 10 minutes

**Cook time:** 18 minutes  
(plus 1 hour cooling)

### FOR THE CUPCAKES

- 1/2 cup cake flour
- 1/4 cup confectioners' sugar
- 8 egg whites
- kosher salt
- 1 teaspoon cream of tartar
- 3/4 cup granulated sugar
- 1/2 teaspoon vanilla extract

### FOR THE ICING

- 1 can coconut milk, refrigerated overnight
- 4 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- red food coloring (optional)
- 3 strawberries, quartered (optional)

**1** Preheat the oven to 360°F. Line a 12-cup muffin pan with paper or foil liners. In a medium bowl, sift together cake flour and confectioners' sugar four times; set aside.

**2** In a large bowl, using an electric mixer, beat egg whites with a pinch of salt until foamy. Add the cream of tartar and continue beating until soft peaks form. Gradually add granulated sugar, 1 tablespoon at a time, while beating; continue until the mixture is very stiff. Mix in the vanilla extract.

**3** Quickly fold the flour mixture into the egg whites. Pour the batter into the pan, filling each cup half-way. Transfer to the oven and bake for 16 to 18 minutes, or until a toothpick inserted into the center comes out clean. Remove and set on a wire rack to cool for at least 1 hour.

**4** Meanwhile, spoon the refrigerated coconut milk into a small bowl. Add granulated sugar and vanilla; whip with an electric mixer until it resembles whipped cream. Using a toothpick, transfer a drop of food coloring, if using, to the icing and mix until the color is uniform.

**5** Frost cupcakes and garnish each with a strawberry slice, if using.

  
**Nutrition Score**  
per cupcake  
171 calories  
7g fat (6g saturated)  
25g carbs  
3.5g protein  
<1g fiber  
51mg sodium

## Just desserts

These confections from Casey Reinhardt, owner of Casey's Cupcakes and 2011 winner of the Food Network's *Cupcake Wars*, transform any occasion into a celebration. Their super-low calorie count is the icing on the cake.