

Carrot and Soft Cheese Cupcakes

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

These are lovely and I have made them many times with my little lady. Once iced they will keep in the fridge for a few days.

My suggestion is freeze a load of the un-iced cakes so when you are craving a treat you can get one out. With cupcakes you can still satisfy that sweet craving without going crazy and eating half a full size cake. This way you CAN have your cake and eat it, without feeling guilty or falling off track.

Enjoy.

Ingredients

- 175g light muscovado sugar
- 200g self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp mixed spice
- 1 orange, zested
- 2 eggs
- 150ml sunflower oil
- 200g carrots, grated

For the icing

- 100g butter, softened
- 300g soft cheese
- 100g icing sugar, sifted
- 1 tsp vanilla extract



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Steps

- Heat the oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with cases.
- In a large mixing bowl, mix the sugar, flours, bicarbonate of soda, mixed spice and orange zest.
- Whisk together the eggs and oil, then stir into the dry ingredients with the grated carrot.
- Divide the mixture between cases and bake for 20-22 mins until a skewer poked in comes out clean.
- Cool on a wire rack before icing.
- For the icing, beat the butter until really soft, then beat in the soft cheese, icing sugar and vanilla. Use a palette or cutlery knife to swirl the icing on top of the cakes, then decorate with the sprinkles.
- To decorate, use fruit or decorative things like hundreds and thousands etc. See pictures below for my (well my daughter's) ideas.

