

Carrot Cake Cupcakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Each Serving Size: 1 Cupcake

Ingredients	Quantity	Measure
Cupcakes		
Flaxseed, ground	2	tablespoons
Water, warm	6	tablespoons
All-purpose flour	2	cups
Baking powder	1	teaspoon
Baking soda	1	teaspoon
Cinnamon, ground	1	teaspoon
Salt	½	teaspoon
Brown sugar	1 ½	cups
Vegetable oil	½	cup
Apple cider vinegar	1	tablespoon
Carrots, grated	1	cups
Vanilla extract	1	teaspoon
Cream Cheese Icing		
Non-dairy margarine	½	cup
Vegetable shortening	1	cup
Powdered sugar	8	cups (2 pounds)
Non-dairy cream cheese	1/2	cup
Vanilla extract	1	teaspoon

Preparation

Cupcakes

1. Preheat oven to 350.
2. Mix flaxseed and warm water in a small bowl. Set aside.
3. Mix flour, baking powder, baking soda, cinnamon and salt in a medium bowl. Set aside.
4. Mix brown sugar, oil, vanilla, vinegar and flaxseed mixture together blending well.
5. Add flour mixture to the sugar mixture and stir to combine.
6. Fold carrots into batter and divide batter evenly into cupcake tins.
7. Bake for 30 minutes or until a toothpick comes out clean.
8. Let cool and ice with cream cheese icing (recipe below).

Icing

1. Blend margarine and shortening until creamy.
2. Add powdered sugar and blend on low speed.
3. Add cream cheese and vanilla. Blend until creamy. Do not add any more liquid, cream cheese will make it soft and creamy.



Carrot Cake Cupcakes continued

Nutrition Information per serving *From USDA Nutrient Database

Calories: 331 Total Fat: 15g Saturated Fat: 2.4g Trans Fat: 0g Monounsaturated Fat: 6g Polyunsaturated Fat: 5.4g Carbohydrate: 49g Fiber: 0.7g Total Sugars: 40g Protein: 1.3g Sodium: 73mg Vitamin A: 61mg Vitamin C: 0.4mg Calcium: 18mg Iron: 0.3mg Folate: 4 mcg

