



Reduced sugar carrot cupcakes

Prep: 30 minutes • Cook: 20 - 22 minutes • Serves: 12



Ingredients

125g light muscovado sugar
100g wholemeal self-raising flour
50g white self-raising flour
1 teaspoon bicarbonate of soda
2 teaspoon mixed spice
1 orange
2 eggs
150ml sunflower oil
200g carrots

Icing

70g butter, softened
200g low fat soft cheese
50g icing sugar, sifted
½ teaspoon vanilla extract

Nutritional info

Low phosphate **X**
Low potassium **✓**
Carbohydrate **26.2g**
Low protein **✓**
Low salt **X**
Cost per portion (April 2023) **25p**
Energy in kcals **282**

- 1** Heat your oven to 180C (gas mark 4) and line a 12 hole muffin tin with cases.
- 2** In a large bowl, mix the flours, bicarbonate of soda, mixed spice and orange zest.
- 3** In separate bowl, whisk together the eggs and oil, mix in the sugar, then stir into the dry ingredients. Peel, grate and then add the carrots to the mixture, stirring together well.
- 4** Divide the mixture between cases and bake for 20-22 minutes until a skewer poked in comes out clean. Cool on a wire rack.
- 5** For the icing, beat the butter until soft, then beat in the soft cheese, add sifted icing sugar and vanilla extract. Use a palette or cutlery knife to swirl the icing on top of the cakes.
- 6** For an optional decoration before zesting, peel a small piece of orange, chop finely and sprinkle on top. Alternatively use a small amount of grated carrot.