

EASTER CARROT CUPCAKES

Ingredients:

- 1 1/2 cups grated carrots
- 1 cup unsweetened applesauce
- 1/3 cup melted coconut oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups self-raising wholemeal flour
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 120g cream cheese, softened
- 2 tablespoons unsalted butter, softened
- 2 tablespoons pure maple syrup or honey
- Mini Easter eggs for decoration

Method:

- **Mix & Combine:** In a bowl, mix grated carrots, applesauce, oil, eggs, & vanilla. In the same bowl, whisk in self-raising wholemeal flour, salt, cinnamon, and nutmeg
- **Fill & Bake:** Spoon the batter into cupcake liners, filling each 2/3 full. Bake at 175°C for 18-22 minutes or until a toothpick comes out clean
- **Frost & Decorate:** Beat softened cream cheese, butter, maple syrup (or honey), and vanilla. Once cupcakes are cooled, top with a mini Easter egg

