

# Carrot Cupcakes With Cream Cheese Frosting

Rating: ★★★★★

**Dietary:** VEG, NF

**Allergens:** Wheat, Eggs, Dairy

**Age group:** 12 months+

**Mealtime:** Easter menu

**Difficulty level:** Medium

**Makes:** 18 large cupcakes

**Prep:** 15 mins

**Cook:** 20 mins



# Carrot Cupcakes With Cream Cheese Frosting



Vegetarian



Nut Free

## Equipment

High-speed food processor,  
piping bag

## Ingredients

### Cupcakes

- 6 Medjool dates (100g), pitted
- 2 tsp (10ml) vanilla extract
- 1 medium ripe banana (110g), peeled
- ½ cup (125ml) light olive oil
- 1 egg
- ¾ cup (180ml) milk of choice
- 1 ½ tsp (3g) ground cinnamon
- ¼ tsp (0.5g) ground nutmeg
- 2 cups (300g) wholemeal spelt flour
- 2 tsp (8g) baking powder
- ½ tsp (2g) baking soda
- 2 cups (250g) peeled and grated carrots (approx. 3 medium carrots)

### Cream Cheese Frosting

- 1/3 cup (80g) unsalted butter, softened
- 1 cup (250g) cream cheese, softened
- 2-4 tbsp (40-80ml) maple syrup
- 1 tsp (5ml) vanilla extract
- 1 tsp (5ml) lemon juice

## Method

1. To make the cupcakes, preheat oven to 180°C. Line 2 large muffin trays, with 18 muffin cases (Easter-themed preferably).
2. Place the dates, vanilla, banana, oil and egg into the food processor, while blending, gradually add in the milk, process until smooth.
3. Add the spices, flour, baking powder and baking soda, to combine, scraping down the sides of the bowl if needed. Add grated carrot, and pulse 2-3 times to just combine.
4. Spoon 3 tbsp of mixture evenly into the prepared muffin tin. Bake for 20 mins, or until golden brown and cakes are cooked when tested. Allow cakes to cool in tin for 5 mins, before transferring to a cooling rack to cool completely.
5. To make the frosting, place all the ingredients into the food processor and mix well until combined and creamy. Store in the fridge until using.
6. Once cupcakes have cooled completely, place frosting into a piping bag and pipe little swirls onto each cupcake. Decorate with Easter-themed toppers.

**Storing leftovers:** Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

## Tips

- ✓ **Prep tips:** You will need 3 medium carrots for this recipe.
- ✓ **Allergies:**
  - For a gluten-free version: Swap wholemeal spelt flour for a gluten-free flour mix or brown rice flour.
  - For a dairy-free version: Swap milk for coconut, oat or soy milk and use a different icing such as chocolate ganache or sweet potato chocolate frosting.
  - For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy ingredient swaps:** Instead of carrot, use pumpkin or zucchini (squeeze out excess moisture).
- ✓ **Additional boosters:** Add some sultanas.
- ✓ **For fussy eaters:** Ensure that the carrot is processed a little longer, so it's undetected.