Carrot cupcakes

Ingredients

Serves 12

- 3 large carrots, peeled and grated
- 140g sultanas
- 150ml orange juice
- 80ml vegetable oil
- 3 tbsp low-fat plain yoghurt
- 115g wholemeal flour
- 115g self-raising flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon
- 100g dark muscovado sugar
- 2 eggs

Optional - frosting
- 100g light soft cheese (cold from fridge)
- 100g quark (cold from fridge) OR 100g Greek yoghurt
- 3 tbsp icing sugar

Method

1. Pre-heat oven to 160°C/fan 140°C/gas mark 3 put paper cases into a 12 bun tray.
2. Put sultanas in a bowl, pour over the orange juice and leave to soak.
3. Mix together wholemeal flour, self-raising flour, baking powder, bicarbonate of soda and cinnamon.
4. In a separate bowl, combine the eggs and sugar and whisk until thick and foamy.
5. Slowly add the oil and yoghurt and continue whisking until well combined.
6. Add the flour mixture in batches and fold in gently.
7. Fold the carrots and sultanas (drained) into the mixture.
8. Spoon the mixture into the bun cases and bake for 25 minutes or until an inserted skewer comes out clean.
9. Allow to cool. If you want to make the frosting for your cupcakes, gently combine soft cheese, quark OR Greek yoghurt, and icing sugar.
10. Once the cakes are cool, swirl on the frosting. Eat and enjoy (and store the rest in the fridge)!

Beezee top tip:

Want to add extra flavour to your frosting? Add the zest of an orange!

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