



Carrot Cupcakes with Cream Cheese Frosting

Recipe Source: Adapted from Ellie Krieger, The Food Network

Yield: 12 cupcakes

Ingredients:

¾ cup whole wheat pastry flour (or sifted white whole wheat flour)
½ cup all-purpose flour
1 tsp baking soda
¼ tsp salt
¾ tsp ground cinnamon
¼ tsp ground nutmeg
½ cup firmly packed light brown sugar
¼ cup canola oil
2 large eggs
2 cups finely shredded carrots (about 3-4 medium carrots, peeled)
½ cup unsweetened applesauce
1 tsp vanilla extract
¼ cup plus 2 Tbsp finely chopped walnuts
4 oz low-fat cream cheese
¾ cup confectioners' sugar, sifted
½ tsp finely grated lemon zest

Steps:

- Preheat oven to 350°. Line muffin cups with paper cupcake liners.
- Sift together the flours, baking soda, salt, cinnamon, and nutmeg in a small bowl.
- In a large bowl, stir the brown sugar, oil, and eggs with a wooden spoon until well combined. Add the carrots, applesauce, and vanilla, stirring well. Add the dry ingredients and ¼ cup of the walnuts. Stir just to combine.
- Divide batter evenly among muffin cups. Bake just until a cupcake springs back lightly when pressed gently with your finger, 18-20 minutes. Transfer to a wire rack to cool completely.
- Meanwhile, beat together the cream cheese, confectioners' sugar, and lemon zest until smooth and creamy. Frost the cooled cupcakes and sprinkle with the remaining 2 Tablespoons chopped walnuts.

Tips from the Test Kitchen: This recipe can also make about 32 mini cupcakes. Just bake them about 9-12 minutes – they can over-bake quickly. For added flavor, toast the walnuts before using in the recipe! Instead of frosting, try a simple glaze – just make half the recipe of frosting, thin with milk, then dip the cupcake tops in the icing. Sprinkle with walnuts as stated in the recipe.



Nutritional Facts (per serving): Calories: 199, Carbohydrates: 23 grams, Protein: 4 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 36 mg, Sodium: 215 mg, Fiber: 2 grams, Total Sugars: 12 grams.