

Healthy Carrot Cupcakes

Ingredients

Makes 12

- 150g self-raising flour
- 100g ground almonds
- 75g raisins
- 50g walnuts, roughly chopped
- 3 tsp mixed spice
- 1 tsp bicarbonate of soda
- 3 large eggs
- 100ml sunflower oil
- 2 tbsp date nectar
- 3 tbsp milk
- 300g carrots, grated
- 200g cream cheese
- grated rind of 1 orange
- ½ tsp ground cinnamon

Method

1. Preheat the oven to 180°C, 160°C fan, Gas Mark 4. Line a 12-hole muffin tin with paper cases.
2. Place the flour, ground almonds, raisins, walnuts, mixed spice and bicarbonate into a large bowl and mix well.
3. In a separate bowl, whisk together the eggs, oil, date nectar and milk. Stir in the grated carrots then add the wet mixture to the dry ingredients and mix to make a thick batter.
4. Spoon the mixture into the paper cases. Bake for 20 minutes then leave to cool on a cooling rack.
5. Beat together the cream cheese and orange zest. Pipe or spoon the cream cheese frosting on top of each cake and then sprinkle with ground cinnamon.