Carrot Cake Cupcakes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 30

Ingredients	Quantity	Measure
All-Purpose Flour	10.5	Oz.
Baking Powder	1	Tsp.
Baking Soda	1/5	Tsp.
Cinnamon	1	Tsp.
Salt	½	Tsp.
Flaxseed, ground	1.2	Oz.
Brown Sugar	¾	Cup
Sugar, granulated	¾	Cup
Water, warm	3/4	Cup
Vegetable Oil	1	Cup
Carrots, grated	2	Cups
Vanilla	1	Tsp.
Cream Cheese Icing		
Smart Balance, Non-Dairy Margarine	4	Oz.
Vegetable Shortening (Crisco)	1	Cup
Sugar, powdered	2	Lbs.
Vegan Cream Cheese	4	Oz.
Vanilla	1	Tsp.

Preparation

1. Mix flaxseed and water. Set aside.
2. Mix flour, baking powder, baking soda, cinnamon and salt. Set aside.
3. Mix brown sugar, granulated sugar, oil, vanilla and flaxseed mixture together blending well.
4. Add flour mixture and blend well.
5. Fold carrots into batter.
6. Bake at 350 degrees for 15-20 minutes.
7. Let cool and ice with cream cheese icing.

Icing

1. Blend Smart Balance and shortening until creamy.
2. Add powdered sugar, blend on low speed
3. Add cream cheese and vanilla. Blend until creamy. Do not add any more liquid, cream cheese will make it soft and creamy.

Serving Suggestion

Serve as a delicious dessert.

Nutrition Information *From USDA Nutrient Database

Calories: 336 Total Fat: 21g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 1.25g Sodium: 201mg
Vitamin A: 65ɥg Vitamin C: 0mg Calcium: 20mg Iron: 1mgFolic Acid: 30ɥg