

Carrot Cupcakes FOK

Swick

Serves 12 | Active Time: 15 minutes | Total Time: 50 minutes

Step 1: Making the Cakes

- 2 cups whole wheat flour or gluten-free sorghum flour
- ½ tsp ground cardamom
- ¼ tsp baking soda
- 2 tsp baking powder
- 1/8 tsp sea salt
- ¾ cup non-dairy milk, unsweetened
- ¾ cup pure maple syrup
- ½ cup unsweetened applesauce
- 1 tsp apple cider vinegar
- 1 cup carrots, grated
- 1 tbsp flaxseeds, ground

Preheat the oven to 350°F.

Line a standard 12-cup muffin tray with paper cupcake liners. In a large bowl, whisk together the flour, cardamom, baking soda, baking powder, and salt. Set aside.

In a medium bowl, whisk together the non-dairy milk, maple syrup, applesauce, and vinegar. Add the carrots and flaxseeds and stir until well combined.

Gently stir the milk mixture into the flour mixture. Pour the batter into the muffin tray, dividing it evenly among the 12 cups. Bake until a toothpick inserted in the center of a cupcake comes out clean, about 25 minutes.

Remove from the oven and let the cupcakes cool in the pan for a few minutes. Transfer the cupcakes to a wire rack to cool to room temperature.

Step 2: Making the Frosting and Serving

- ¾ cup cashews, raw
- 2 cups carrots, grated
- ½ cup pure maple syrup
- Pinch of sea salt
- 2 tbsp slivered almonds, toasted, for decoration (optional)

To prepare the frosting.

Place the cashews in a small bowl and add at least 1 cup water. Set aside to soak for 1 hour. Drain and set aside.

In a small saucepan, combine the carrots and ½ cup water. Cook over high heat, covered, until all the water has evaporated, about 10 minutes. Lower to medium heat and add the maple syrup and cook, uncovered, until the maple syrup is absorbed by the carrots and glazes them, 2 to 3 minutes. Remove from the heat and let cool for 5 minutes.

Transfer the carrots and syrup to a blender. Add the reserved cashews and salt. Blend until smooth; do not add water or any other liquid. Transfer to a bowl, cover, and chill until needed. For longer storage, transfer the frosting to an airtight container and store in the refrigerator for 2 to 3 days.

Once cooled, use a small spatula to coat the top of each cupcake with some of the frosting. Sprinkle with the almonds and serve. Store the cupcakes in a covered container at room temperature for 2 to 3 days.