



Spiced Carrot Cupcakes

These super moist treats serve well as a breakfast muffin, personal carrot cake dessert or cupcake. A light frosting of Truvia (non caloric stevia) sweetened fat free cream cheese adds only a few more calories for a lot more fun!

INGREDIENTS:

½ cup skim milk (may use soy milk)
1 Tbsp lemon juice
1 ½ cups whole wheat pastry flour
1 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
½ tsp nutmeg
1/8 tsp ground clove
1/8 tsp dried ginger
¼ tsp sea salt
1 cup brown sugar
½ cup prune puree (use baby food)
½ cup egg white
1 Tbsp fresh grated ginger
1 ½ cups grated carrot
½ cup dried fruit: raisins, cranberries, chopped apricots, etc.
Cooking spray

PREPARATION:

- Pre-heat oven to 350 degrees F
- Lightly spray-oil a standard muffin tin or personal cake pan
- Combine milk and lemon and set aside to clabber
- Sift together dry ingredients(flour through salt)
- Combine milk mixture with prure puree and egg white
- Add sugar to the wet mixture and whisk
- Add dry ingredients to wet and fold in
- Fold in fresh ginger, carrot and dried fruit
- Use a ¼ cup or 2 ounce scoop to portion into tins
- Bake 12-20 minutes

Yeilds: about 15 muffins
Calories per serving: 145
Fat grams per serving: trace





Easy Cream Cheese Frosting

INGREDIENTS:

8 oz. lite cream cheese
½ tsp vanilla extract
¼ tsp grated orange peel
2-4 Tbsp (depending on taste) truvia sweetened

PREPARATION:

- Soften cream cheese to room temperature
- Whisk all ingredients together
- Drizzle over cool carrot cupcakes

Serving size: 1 Tbsp
Calories per serving: 30
Fat Grams: trace

