Healthy Carrot Cake Cupcakes
Soft, fluffy, and secretly healthy carrot cake cupcakes!
Total Time: 19 minutes
Yield: 9 cupcakes
Instructions
1. Preheat oven to 350F and place 9 cupcake liners in a muffin tin.
2. Combine all dry ingredients in a mixing bowl, then set aside.
3. In a large measuring cup, combine all liquid ingredients (including carrot).
4. Mix wet ingredients into dry, and immediately portion into the baking cups and place in the oven.
5. Bake 19 minutes, then allow the healthy carrot cake cupcakes to cool before removing from the tray.
6. These healthy and vegan carrot cake cupcakes are soy-free and can be gluten-free and sugar-free.
7. Top them with the frosting recipe linked above or with my healthy cream cheese frosting recipe, also posted on the blog.
HEALTHY CREAM CHEESE FROSTING
Prep Time: 10 minutes
Cook Time: 0 minutes
Total Time: 10 minutes
Yield: 2 cups

Description
Best ever light, fluffy and rich Healthy Cream Cheese Frosting made with Greek yogurt and maple syrup. Amazing on carrot cake, banana bread, and pancakes!

Ingredients
- 8oz block of full fat cream cheese, softened to room temperature
- 1/4 cup plain or vanilla Greek yogurt (I used 2%)
- 1/4 cup maple syrup
- 1 tsp vanilla extract

Instructions
1. Place all ingredients in a large mixing bowl. Use a hand mixer or stand mixer and beat on medium speed for a few minutes, or until it’s smooth and fluffy, scraping down the edges as needed.
2. Enjoy on carrot cake baked oatmeal, lemon blueberry muffins, banana bread, and pumpkin muffins. Store in an air-tight container in the refrigerator.
3. This recipe yields about 2 cups of frosting, or enough for a dozen cupcakes or muffins.
4. To make more of an icing that you can drizzle, simply thin a portion in a separate bowl with milk and mix until smooth.

Serves 15
Serving Size: 2 tbsp

Calories Per Serving: 70
7%Total Fat 5.3g
Saturated Fat 3.1g
5%Cholesterol 15.6mg
2%Sodium 49.3mg
2%Total Carbohydrate 4.6g
0%Dietary Fiber 0g
Sugars 3.9g
3%Protein 1.3g
2%Calcium 24mg
0%Iron 0mg
Lightened Up Pumpkin Spice Bars

Prep Time: 15 minutes  
Cook Time: 25 minutes  
Total Time: 1 hour, 45 minutes  
Yield: 12 bars

Enjoy these easy lightened up pumpkin spice bars.

Ingredients

- 1/2 cup all-purpose flour (*spoon & leveled*)
- 1/2 cup whole wheat flour (*spoon & leveled*)
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 2/3 cup packed light or dark brown sugar
- 1 cup pumpkin puree (canned or fresh)
- 1/4 cup milk (or almond or soy milk)
- 1/4 cup (1/2 stick) unsalted butter, melted (or melted coconut oil)
- 1 teaspoon pure vanilla extract

Instructions

1. Preheat oven to 350°F .
2. Line an 8×8-inch square baking pan with parchment paper or spray with nonstick spray. Set aside.
3. In a large bowl, mix the dry ingredients until fully combined. Set aside. In a small bowl, whisk the eggs, brown sugar, and pumpkin together until combined. Add the milk, melted butter, and vanilla extract. Slowly pour the wet ingredients into the dry ingredients and mix until *just* combined. Do not overmix.
4. Bake for 25-28 minutes or until a toothpick inserted in the center comes out clean. Allow to cool completely and cut into 12 squares.
5. Bars remain fresh for up to one week stored chilled in an airtight container.

Equipment Needed:

- Electric Mixer or wire whisk and mixing bowls
- Pastry spatula
- Oven
- Cupcake pan
- 8 by 8 baking pan or small sheet pan
- Measuring spoons and cups
- Parchment paper or non stick spray
Advance preparation to be completed prior to class:

- Measure ingredients for recipes
- Shred carrots