



Recipes

PROGRAM 11 - SEGMENT 4

Cake and Art Recipes

CARROT PUPCAKES

Makes 96 cakes

INGREDIENTS

4 1/2 Cups Whole Wheat Flour
1 1/2 Cups Soy/Oat Flour
3 TBSP + 1 TSP Baking Soda
6 Cups Shredded Carrot, finely chopped
6 Eggs
1 1/2 Cups Vegetable Oil
2 Cups Molasses
1 TBSP + 2TSP Vanilla extract

FROSTING INGREDIENTS

1 Cup Cream Cheese
1/3 Cup Peanut Butter
1/2 Cup Honey

METHOD

Preheat oven to 350F degrees. Combine both flours and baking soda in a mixing bowl, set aside. Whisk together remaining ingredients in a large mixing bowl. Fold flour mixture into wet ingredients. Spray mini cupcake tins with baking spray. Fill with mini wrappers. Transfer batter to piping bag. Fill each cupcake wrapper 3/4 full.

Bake for 8 minutes, rotate pans and bake until top of cupcake springs back when lightly touched, another 5-7 minutes. Cool pans.

Place backed cupcakes on a baking sheet and ice Wrap remaining cupcakes well with plastic wrap and freeze.



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Continued:

Frosting:

Take cream cheese, peanut butter, honey and beat together in electric mixer for about 1 minute until a creamy consistency is achieved.

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