

Time for Tea?

...why not entertain your swappers with these delicious carrot and orange cup cakes? Suitable for vegetarian, vegan and gluten-free diets as well as simply for the indulgent amongst-us...



Carrot & Orange Cupcakes

150g white SR flour*	3/4 tea spoon salt
100g wholemeal flour*	80ml coconut oil
1 dst spoon baking powder	140g soft brown sugar
1 dst spoon bicarbonate of soda	120ml rice milk
1 dst spoon cinnamon	1/4 tea spoon ground nutmeg
1 tea spoon ground ginger	125g grated carrots
1 dst spoon natural vanilla essence	

Heat oven to 160 - 170°C and line bun tins with paper cupcake cases/ petit fours.

Whisk together all dry ingredients until well combined. Pour coconut oil, rice milk and vanilla into mix and stir until it becomes a thick batter. Add 60ml hot water and continue mixing until smooth. Gently fold in the carrots...

Spoon into cake cases until not quite full and bake in centre of oven 25-30 mins or until springy and skewer comes out clean. Leave to cool overnight or for a few hours.

Topping

Juice and zest of one large orange	250g icing sugar
2-3 tblsp. white sugar	

Simmer 1/2 the orange juice with all the zest and the white sugar until combined as a light syrup. Skewer the cakes all over and pour the zesty syrup over them. Mix remainder of orange juice with the icing sugar to make a thick smooth frosting and spread on the cakes once completed cooled. Decorate with silver balls and more orange zest if desired. Mmmmm...

**To make your cakes gluten free simply replace with 250g gluten free flours.*