



SAGE'S SONG HIT 10,000 PLAYS CARROT CAKE CUPCAKES

INGREDIENTS (DRY):

- 1½ cup finely chopped carrots*
- 2½ cup gluten-free flour**
- 1½ cup brown sugar
- ½ cup sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1½ tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp salt
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves

INGREDIENTS (WET):

- 4 eggs
- ¾ cup vegetable oil
- ¾ cup sour cream***
- 1½ tsp vanilla

INGREDIENTS (OPTIONAL ADD-INS):

- 1 cup chopped pecans
(toasted for 7-8 mins
on a parchment lined
sheet at 300° and
cooled)

CREAM CHEESE FROSTING:

- 16 oz cream cheese (brick,
not spreadable type)
- ¾ cup butter (softened)
- 3 cup powdered sugar
- 1 tbs heavy cream (or milk)
- 1 ½ tsp vanilla extract
- ¼ tsp salt

NOTES:

ABOUT THIS RECIPE

This recipe will make 24 generously-sized cupcakes. You can cut the recipe in half if you only want to make a dozen. But we usually go through 24 fairly quickly.

DIRECTIONS FOR CARROT CAKE CUPCAKES:

1. Preheat oven to 350° and prepare 24 cupcake tins.
2. In one bowl, combine all dry ingredients, except for the carrots.
3. In another bowl, use a hand mixer to combine all wet ingredients until well mixed.
4. Make a well in the dry ingredients and add the wet ingredients. Fold in with a spatula and stir until well combined.
5. Add the chopped carrots (and toasted pecans, if using). Mix with spatula until fully combined.
6. Fill the prepared cupcake tins to 3/4 full.
7. Bake for 20-25 minutes. Test with a toothpick. The toothpick will come out of the center clean when they're ready.
8. Let the cupcakes cool completely in the tins before you frost them.

DIRECTIONS FOR CREAM CHEESE FROSTING:

1. Put softened cream cheese in a large bowl. Beat with a hand mixer, slowly adding softened butter until well blended.
2. Add powdered sugar, a half cup or so at a time. Everyone has a different preference on the sweetness of frosting, so taste for desired sweetness as you go. Add more powdered sugar, if necessary. Don't use full 3 cups if you hit your desired sweetness with less.
3. Add heavy cream (or milk), vanilla extract and salt. Mix to fully combine.
4. Make sure the cupcakes completely cooled before frosting.

If 24 cupcakes is too many, you cut the recipe in half or freeze the extras for up to 3 months. When you're ready to eat the frozen cupcakes, just take them out of the freezer, place them in the fridge overnight, and bring them to room temperature when you're ready to eat or serve them.

* Use freshly chopped or shredded carrots if you can. The pre-shredded ones won't add as much moisture as fresh ones will.

** I used Namaste Foods - Gluten Free Perfect Flour Blend (purchased from Costco). Your flour blend might be different and may yield different results.

*** I've substituted the same amount of apple sauce (¾ cup) when I'm out of sour cream.