

CARROT CAKE EASTER MUFFINS

recipe by kate elizabeth

Perfect for easter weekend, these vegan carrot cake easter muffins are healthy yet moreish at the same time. If you omit the buttercream and chocolate egg topping they are even more healthy but it's easter so there is no fun in that! They are really easy to make, so don't be put off by the amount of ingredients or steps to follow!



Ingredients :

2 medium carrots (grated)
1tbsp flaxseeds + 3 tbsp warm water*
150g gluten free plain flour sieved**
100g light brown sugar
1/2 a ripe banana (mashed)
3/4 tsp baking powder
3/4 tsp bicarb of soda
1 tsp cinnamon
1 tsp ginger
1/2 tsp mixed spice
1 tsp vanilla extract
60ml vegetable oil - I used sunflower
1/2 tbsp apple cider vinegar
60ml milk of choice
pinch of salt

For the topping:

70g butter or vegan alternative
zest of 1 lemon***
160g icing sugar sieved
Mini-eggs or vegan alternative

Method :

Preheat the oven to 180°C/Gas mark 4

1. Grate the carrots, place in a teatowel or some paper kitchen towel and leave to one side to take some of the moisture out.
2. Prepare the flax mixture by mixing the 1tbsp ground flax with 3 tbsp warm water in a small bowl and leave to one side. It should form a jelly like substance after approx 5 mins.
3. Combine all dry ingredients in a large mixing bowl (except the carrots)
4. Pour the wet ingredients into the dry ingredients and mix thoroughly until all combined.
5. Lastly add the carrots and mix through.
6. Divide mixture evenly into a muffin tray lined with cases - you should get about 9 muffins.
7. Cook in the middle of the oven for approx 30 mins making sure that a skewer comes out clear from the center. Allow to cool on a metal cooling tray.
8. Prepare the buttercream by whisking together the ingredients.
9. Either pipe a small swirl on the top or spread a small amount, then place as many eggs as you like on top and your muffins are ready to enjoy!

* The flax mixture can be replaced with 1 egg.

** You can substitute gluten-free plain flour for regular plain flour.

*** When using vegan butter, adding lemon zest works better than lemon juice as the juice can cause the buttercream to curdle. If using standard butter, lemon juice can be used instead.