

Raw Carrot Cupcakes

with Orange Vanilla Cream Frosting

Serves 12

Ingredients

CARROT BASE

- 2 - 3 cups ***Carrot Pulp*** (from juicing) or ***Shreds***
- 1 ½ cups ***Dates*** (aka ½ lb)
- ½ cup ***Walnuts***
- 1 tsp ***Cinnamon***
- 1 small thumb of ***Fresh Ginger*** (powdered can work)
- Dash of ***Turmeric***

VANILLA ORANGE FROSTING

- 2 cups **soaked *Cashews*** (ccc)
- 1 cup ***Dates***
- 1 tsp ***Vanilla Extract***
- **Fresh Orange Juice** (from 2 - 4 oranges)

SUPPLIES

- **Juicer** (optional)
- **Food Processor**
- **High-Speed Blender**
- **Icing Piping Bag** (or corner cut Ziplock)
- **Cupcake Pan & Liners**

Instructions

CARROT BASE

1. Juice ***Carrots*** and collect ***Carrot Pulp***
2. Add ***Carrot Pulp, Dates, Walnuts Cinnamon, Fresh Ginger, Turmeric*** to the food processor. Blend mixture until reach desired consistency (less time = thicker, more time = gooier)
3. Press ***Carrot Base*** into cupcake liners and put in the refrigerator while you make the frosting.

VANILLA ORANGE FROSTING

1. Add ***Cashews, Dates, Vanilla extract and Orange Juice*** to the blender and blend until smooth, thick and creamy.
2. Scoop the ***Vanilla Orange Frosting*** into your pipet bag method (or if you don't want to do it this way, just spatula straight onto ***Carrot Base***)
3. Pipe the ***Vanilla Orange Frosting*** onto the ***Carrot Base***

SERVING

1. Serve **Raw Carrot Cupcakes** immediately or put in the refrigerator until ready to share.
2. Experiment with fun garnishes like orange zest, coconut shreds or edible flowers.
3. Keep any extras in the refrigerator for them to stay fresh.

ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living* - recipe based on raw carrot cupcake recipe from *Fully Raw Kristina*

Find the video of this recipe and other videos about natural healing by visiting:

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