

SERVES 12

Sugar-Free Carrot Cupcakes

(Gluten-Free, Diabetes-Friendly, Low-Sugar, Whole-Grain, Clean-Eating)

Isabellemckenzie.com | total time: 35 minutes



INGREDIENTS

- 2 cups whole wheat flour, all-purpose flour, or 1:1 ratio gluten-free flour
- 1 1/2 tbsp ground cinnamon
- 1/2 tsp ground allspice
- 1/3 tsp ground nutmeg
- 1/2 tsp salt
- 1 1/2 tsp baking powder
- 3/4 tsp baking soda
- 1 tbsp unsalted butter
- 2 large egg whites, room temperature
- 2 tsp liquid vanilla creme stevia drops
- 1/2 cup plain nonfat Greek yogurt
- 3/4 cup nonfat milk
- 2 1/4 cups freshly grated carrots (peeled first!)

For Frosting:

- softened 4 oz. light cream cheese
- 1/4 cup Greek yogurt
- 1/2 cup heavy cream
- 1/2 tsp. vanilla extract
- 2 to 4 drops of pure liquid stevia vanilla creme, to taste

INSTRUCTIONS

1. Preheat the oven to 400°F grease or line 12 cupcake cups. Melt and slightly cool your butter. In a mixing bowl, whisk together the flour, baking soda, baking powder, allspice, cinnamon, nutmeg, and salt. Do not use an electric mixer to mix up the batter, be sure to use a whisk. In a separate mixing bowl, whisk butter, egg whites, and stevia. Fold in the Greek yogurt, until all the larger lumps are gone.
2. Add 1/4 of your flour to the wet mix and then add about 1/3 of your milk. Alternate between adding the flour mixture and milk, stirring until just incorporated. Then carefully fold in the carrots.
3. Split the batter between the prepared muffin cups. Bake at 400°F for 9 mins, then without opening the oven, reduce the oven temperature to 350°F and continue to bake for an additional 12-17 minutes, or until the tops are firm to the touch. Cool in the pan for about 8 minutes and then transfer to a cooling wire rack to cool completely.
4. While your cupcakes cool, make your frosting. In a stand mixer or with a hand mixer, cream the cream cheese and Greek yogurt together until smooth. Continue mixing and add the heavy, mixing on high until whipped. Once whipped, add the vanilla extract and stevia and blend. This recipe makes about 1 1/2 cups total. Chill until ready to frost.
5. Store the cupcakes in the fridge in an airtight cake box for 3 days. You can freeze cupcakes without frosting on top.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

© Copyright 2021 AME Media Group LLC. All Rights Reserved. May be shared with copyright and credit left intact.

Copyright Notice: All text and images in this printable are protected under United States federal copyright law. The unauthorized reproduction or distribution of this copyrighted work is illegal, and can result in the loss of any revenue received from unlawful distribution, legal fees, substantial civil fines, and possibly criminal charges.