

# Carrot Cake Cupcakes with Orange Mascarpone Frosting

Time: 45 minutes

Servings: 14-16 cupcakes

Level: Easy

## Ingredients:

- o 1 cup tiger nut flour, well-sifted
- o ½ cup cassava flour
- o ½ cup almond flour
- o 1 teaspoon baking powder
- o 1 ½ teaspoon baking soda
- o ¾ teaspoon salt
- o 2 teaspoons ground cinnamon
- o 1 teaspoon ground nutmeg (freshly ground is best!)
- o ½ teaspoon allspice
- o ½ teaspoon ground cloves
- o ¼ teaspoon ground ginger
- o 1 cup buttermilk
- o 3 eggs
- o ½ cup maple syrup
- o ½ cup butter, melted
- o 1 teaspoon vanilla extract
- o 1 ½ cups grated carrots (hand grate if possible!)
- o 1 cup chopped pecans

## *Orange Mascarpone Frosting*

- o ¼ cup heavy whipping cream
- o ¼ cup confectioner's sugar, sifted
- o 1 teaspoon vanilla extract
- o 8-ounce tub of mascarpone
- o ½ teaspoon orange zest
- o pinch of salt

## Directions:

- 1) Preheat oven to 375°. Line a 12-inch muffin pan with cupcake liners. Line a second 12-inch muffin pan with 4 more liners.
- 2) Place **tiger nut flour, cassava flour,** and **almond flour** in a large bowl. Add in **baking powder, baking soda, salt, cinnamon, nutmeg, allspice, cloves,** and **ginger** and whisk until well combined.
- 3) Place the wet ingredients, **buttermilk, eggs, maple syrup, butter,** and **vanilla extract** in a large mixing bowl. Using a paddle attachment, beat for 1-2 minutes or until mixed well.
- 4) Turn the mixer off and add about ½ cup of the dry ingredients. Mix well and then repeat the process.
- 5) Remove the mixing bowl from the mixer and stir in **carrots** and **pecans**.
- 6) Using a 20-scoop (large ice cream scoop, about ¼ cup) fill the cupcake liners almost to the top.
- 7) Bake for 20 minutes until a toothpick comes out clean. Let cool for a few minutes as gluten-free flours need a few extra minutes to settle.
- 8) To make the **Orange Mascarpone Frosting,** use a whisk attachment to a mixer and add **heavy whipping cream, confectioner's sugar,** and **vanilla extract** and beat until stiff peaks form.
- 9) Add in about half of the **mascarpone cheese** and beat. Add the remaining half.
- 10) Add **orange zest** and a **pinch of salt** and mix through.
- 11) Once the cupcakes are cooled, frost either with a spatula or with a piping bag.