

Reduced sugar carrot cupcakes

Prep: 30 mins • Cook: 20-22 mins • Serves: 12

A healthier take on a traditional carrot cake recipe. This reduced sugar, moist carrot cupcake with a cream cheese frosting makes a lovely low potassium treat.

Ingredients

125g light muscovado sugar
100g wholemeal self-raising flour
50g white self-raising flour
1 teaspoon bicarbonate of soda
2 teaspoon mixed spice
1 orange
2 eggs

150ml sunflower oil

200g carrots

Icing

70g butter, softened

200g low fat soft cheese

50g icing sugar, sifted

1/2 teaspoon vanilla extract

Carbohydrate The carbohydrates in this recipe come mainly from the sugar, icing sugar and flour. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

Phosphate/potassium The cupcakes contain a high amount of phosphate due to the flours, eggs and cream cheese. If you have been prescribed a phosphate binder ensure you take them with this dish.

The cupcakes are low in potassium so you can enjoy one of these cupcakes as a treat when following a low potassium diet.

Protein These cupcakes are a suitable treat if you are on a low protein diet.

Special diets

Gluten free: Use gluten free flour.

Healthier option Compared to a traditional recipe, the sugars, cream cheese and butter quantities have all been reduced. If wish to reduce the amount of fat and sugar further you may wish to serve without icing.

Storage If sharing with friends, store in an airtight container in the fridge and eat within three days. Carrot cake can be frozen with the icing! It is best to refrigerate it for about six to eight hours before freezing so the frosting firms up, wrap well in plastic wrap then place it in an air tight bag or container. If you prefer to freeze the cakes before icing that is fine too, just wrap it the same way. The cake can be frozen for up to four months. If iced its best to defrost in the fridge.

Tips To avoid overindulging you could halve the recipe to make six cupcakes.

Special occasion

Vegetarian

	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
26.2g	Carbohydrate	282Kcal	Energy
Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.			





Cooking in the kitchen with Lizzie Morey

This easy carrot cupcake recipe is one you will love to make at home. It's simple, incredibly moist and perfect for a treat or bake sale



1

Heat your oven to 180C /gas mark 4 and line a 12 hole muffin tin with cases.



2

In a large bowl, mix the flours, bicarbonate of soda, mixed spice and orange zest.



3

In separate bowl, whisk together the eggs and oil, mix in the sugar, then stir into the dry ingredients. Peel, grate and then add the carrots to the mixture, stirring together well.



4

Divide the mixture between cases and bake for 20-22 minutes until a skewer poked in comes out clean. Cool on a wire rack.



5

For the icing, beat the butter until soft, then beat in the soft cheese, add sifted icing sugar and vanilla extract. Use a palette or cutlery knife to swirl the icing on top of the cakes.



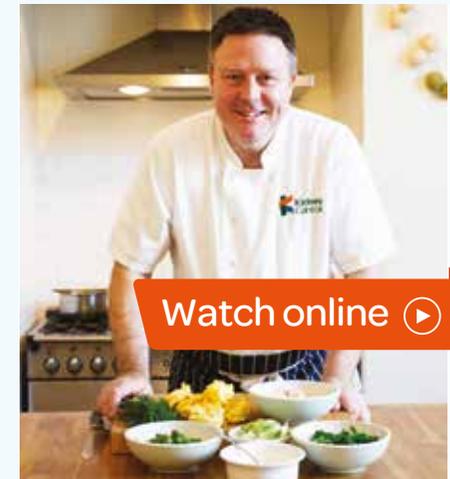
6

For an optional decoration before zesting, peel a small piece of orange, chop finely and sprinkle on top. Alternatively use a small amount of grated carrot.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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