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CARROT CUPCAKES W/ LEMON CREAM CHEESE FROSTING (DESSERT)

2/3 cup sugar	1 cup all-purpose flour
3 tablespoons vegetable oil	1 teaspoon baking powder
1 teaspoon vanilla extract	1/2 teaspoon cinnamon
1 large egg	1/2 teaspoon baking soda
1 cup finely grated carrots	1/8 teaspoon salt
1 (8 oz.) can crushed pineapple, drained	1/8 teaspoon nutmeg

1. Preheat oven to 350°F. Line 12 muffin tins with paper liners. Set aside.
2. To prepare cupcakes: Beat sugar, vegetable oil, vanilla, and egg with mixer at medium speed, until well blended. Add carrots and pineapple; beat well. Sift together flour with the next five ingredients; add to sugar mixture and beat well.
3. Spoon batter into prepared muffin cups. Bake for 20 minutes or until a wooden toothpick comes out clean. Cool in pan for 5 minutes, then remove and place cupcakes on a wire rack to cool thoroughly. Spread frosting over cupcakes; sprinkle with flaked coconut.

(continued)

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Adapted from Cooking Light magazine, October 2001

1. Beat the cream cheese, butter and lemon extract with mixer at medium speed, just until blended.

2. Gradually add powdered sugar—beat just until blended.

3. Add yellow color gradually until desired color is reached.

4. Spread frosting over cupcakes; sprinkle with flaked coconut.

1/2 cup (2 oz.) 1/3-less fat cream cheese	1 tablespoon butter or margarine, softened	2-3 drops yellow color
1 1/3 cup confectioners' sugar, sifted	1/2 teaspoon lemon extract	3 tablespoons flaked coconut

(DESSERT)

LEMON CREAM CHEESE FROSTING

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APPLE SAUCE SPICE CAKE (DESSERT)

1 cup sugar	1/2 teaspoon salt
1/3 cup fat	1 cup thick, unsweetened applesauce
1 teaspoon cinnamon	1 1/2 cups flour
1 teaspoon nutmeg	4 teaspoons baking powder
1/4 teaspoon cloves	1 egg
1/4 teaspoon allspice	1/2 cup walnuts, chopped

1. Cream the fat and sugar and add applesauce and beaten egg.
2. Mix and sift the dry ingredients: add nuts and combine with mixtures, mixing thoroughly.
3. Bake in loaf, in moderate oven (380 - 400 degrees).
If preferred, cake may be baked in two layers.

This recipe was selected from the educational circulars compiled by Janet Cameron during her years as an Extension Specialist. These circulars are available in the Janet Cameron scrapbook, compiled by Alice Johnson and a part of the Culinary History Collection within Special Collections at Virginia Tech's Newman Library. Many of these recipes, were Janet's suggestions for holiday baking.

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