

APPLE CINNAMON CUPCAKES

This cupcake starts with our favorite cake base. We use it to make all kinds of cakes and muffins with different fruit and veggie purées, whole fruit mix-ins, and seasonings. This one features a classic and hard-to-beat fall combo - apple & cinnamon. We top it with a delectable spiced cream cheese frosting. Try swapping out the frosting for a crumble topping and call it a muffin!

MAKES 12 CUPCAKES

INGREDIENTS:

2 eggs
1 1/2 cups unsweetened applesauce
3/4 cup sugar
6 T sunflower or grapeseed oil
1/2 T vanilla extract
1/2 T baking soda
1/2 T ground cinnamon
3/4 cup whole wheat flour
3/4 cup all purpose flour

For Frosting:

6 oz cream cheese, softened
3 T butter, softened
3/4 cup powdered sugar
2 tsp molasses
1 tsp vanilla extract
1/4 tsp ground cinnamon

DIRECTIONS:

Preheat the oven to 350 degrees. Spray a 12-cup cupcake tin with nonstick spray.

Crack eggs into a mixing bowl. Whisk well to combine yolks and whites. Add applesauce, sugar, oil, vanilla, baking soda, and cinnamon. Whisk well. Add flours and whisk just enough to make them

Continued on back



DIRECTIONS (cont'd):

disappear into the batter. Scoop or pour batter into greased cupcake tin. Each cupcake mold should be filled about 2/3 of the way up with batter.

Bake until a cake tester or toothpick comes out clean (about 16-18 minutes). Let cool 5 minutes in pan. Carefully remove cupcakes from molds and let them cool completely on a wire rack.

Meanwhile, make frosting. Combine softened cream cheese and butter in a small mixing bowl. Sift powdered sugar over mixture. (You can do this with a flour sifter, or use a small fine-mesh strainer and gently push powdered sugar through it with a spoon.) Add molasses, vanilla and cinnamon. Whisk until frosting is smooth and creamy.

Frost cupcakes.

NIBBLE THIS

When shopping for applesauce, look for one with the shortest ingredient list - ideally just apples. Ascorbic acid (vitamin C, which helps retain color) and water are arguably okay. Avoid high fructose corn syrup, dextrose or fructose - they all mean the same thing - sugar!

Enjoy!

WHAT KIDS CAN DO

Choose one, all or any of these steps based on your child's abilities and your time constraints. And remember, adult supervision is key!

- **Grease** muffin tin
- **Crack & whisk** eggs
- **Measure** ingredients
- **Mix** batter
- **Scoop** or **pour** batter into muffin tin
- **Whisk** frosting
- **Frost** cupcakes



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