

ZUCCHINI GINGER CUPCAKES

These delicate, lightly spiced cupcakes are reminiscent of carrot cake. Grated zucchini makes them exceptionally moist.

— ingredients —

For cupcakes

1-2 tablespoons grated fresh ginger

2 cups whole wheat pastry flour or can use a wheat free flour such as millet

1 teaspoon ground cinnamon

1 teaspoon finely grated fresh orange zest

1 teaspoon salt

1 teaspoon baking soda

1/2 teaspoon baking powder

2 cups coarsely grated zucchini (2 medium)

3/4 cup expeller pressed coconut oil

3/4 cup mild honey

2 large eggs, lightly beaten

1 teaspoon vanilla

For frosting

8 oz cream cheese, softened

2 tablespoons unsalted butter, softened

1/2 cup confectioners sugar

1 teaspoon vanilla

1/2 teaspoon ground ginger

1/2 teaspoon ground cinnamon

1/2 teaspoon finely grated fresh orange zest

Special equipment: a muffin pan with 12 (1/2-cup) cups; 12 paper liners

— preparation —

Bake cupcakes: Put oven rack in middle position and preheat oven to 350°F. Line muffin cups with liners.

Pulse fresh ginger in food processor until finely ground, then add flour, ground cinnamon, zest, salt, baking soda, and baking powder and pulse until combined.

Whisk together zucchini, oil, honey, eggs, and vanilla in a medium bowl, then stir in flour mixture until just combined.

Divide batter among muffin cups and bake until golden and a wooden pick or skewer inserted in center of a cupcake comes out clean, 20 to 24 minutes.

Cool in pan on a rack 10 minutes. Remove cupcakes from pan and cool completely, 1 hour.

Make frosting: Beat together frosting ingredients with an electric mixer at high speed until combined well and fluffy, 3 to 5 minutes.

Frost tops of cooled cupcakes.

Makes 12 cupcakes.