

# Health-ier Recipe of the Week

*Use Organic ingredients whenever possible.*

## Zucchini Cupcakes

From Everyday Food Magazine

Makes 12

1 ½ cups whole spelt flour

1 cup packed unrefined dark-brown sugar (*I have not been able to find unrefined brown sugar at any of the local grocery stores. I get mine through a food co-op called Azure Standard. If you are interested in finding out more information about this co-op you can go to [www.azurestandard.com](http://www.azurestandard.com)*) You can also use Sucanat which is an unrefined can juice that you can find at Whole Foods, Nutrition Stop and some Dierberg's stores. Lastly, you can use organic raw (turbinado) sugar or organic sugar cane (this will be the most refined).

2 tsp baking powder

½ tsp ground cinnamon

½ tsp salt

½ cup coarsely chopped pecans or walnuts

1 zucchini (10 ounces), coarsely grated (1 ½ cups)

1/3 cup unrefined coconut oil

2 large eggs, lightly beaten

½ tsp pure vanilla extract

Cream Cheese Frosting (below)

1. Preheat oven to 350°. Line cups of a standard (12-cup) muffin tin with paper or foil liners. Set aside.
2. In a medium bowl, mix together flour, sugar, baking powder, cinnamon, and salt. Mix in nuts.
3. In another bowl, combine zucchini, oil, eggs and vanilla; add to flour mixture, and mix just until combined (do not over mix).
4. Divide batter evenly among cups. Bake until a toothpick inserted in the center of a cupcake comes out clean, 40 to 45 minutes.
5. Cool in tin on a wire rack for 10 minutes; turn cupcakes out, right side up, and cool completely. Meanwhile, make Cream Cheese Frosting. Using an offset spatula or butter knife, spread frosting on cupcakes. The frosted cupcakes are best eaten within 1 day.

### Cream Cheese Frosting

(To make this healthier use organic butter, cream cheese and powdered sugar.)

In a medium bowl, with an electric mixer, beat 4 Tbsp room-temperature **unsalted butter** and 4 ounces room-temperature **bar cream cheese** until smooth. Add 2 cups **confectioners' sugar** and ½ tsp **pure vanilla extract**; beat until light and fluffy. Refrigerate until ready to use, up to 1 day. **MAKES ENOUGH FOR 12 CUPCAKES.**

You can also try the following, less sweet version:

Whip ¾ cup **heavy cream** with a handheld mixer until stiff peaks form. In a separate larger bowl, whip 8 ounces room-temperature **bar cream cheese** and ¼ cup **honey** until well combined. Using a rubber spatula, gently fold the whipped cream into the cream cheese mixture. Use immediately or store in a glass Mason jar in the refrigerator for up to 2 days.