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## Carrot Camouflage Cupcakes

*Makes 12 Cupcakes*

3/4 cup granulated sugar (you can up this to 1 cup for a slightly sweeter cupcake)  
1/2 cup canola oil  
2 large eggs  
1/4 cup 1% low-fat milk  
1 teaspoon vanilla extract  
1 ¼ cups finely grated carrots (about 8 ounces carrots)  
3/4 cup all-purpose flour  
3/4 cup whole wheat flour  
1 ½ teaspoons baking powder  
1/4 teaspoon salt  
4 ounces light cream cheese  
3/4 cup confectioners' sugar  
2 tablespoons pure maple syrup, optional

1. Preheat the oven to 350°F. Line 12 muffin cups with paper liners and set aside.
2. Beat the sugar, oil, eggs, milk, and vanilla at medium speed of a mixer until well blended, about 2 minutes. Scrape down the sides of the bowl if necessary. Mix in the carrots.
3. Meanwhile, whisk together the flour, baking powder, and salt in a medium bowl. At low speed, gradually beat in the flour mixture until just combined.
4. Spoon the batter evenly into the muffin cups. Bake for 20 minutes, or until a toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 5 minutes. Remove the cupcakes and cool completely before frosting.
5. To make the frosting, beat the cream cheese, sugar, and maple syrup as desired at low speed until blended (you can raise the speed to medium once the sugar is incorporated). Spread the frosting over the cupcakes; garnish with a jelly bean, an M&M, sprinkles or nothing at all!

Nutrition Information per Serving (1 cupcake): 260 calories, 12g fat (2g saturated, 1g omega-3), 170mg sodium, 36g carbohydrate, 1.5g fiber, 4g protein, 40% vitamin A