



These cupcakes are great for your autistic kiddo with more advanced fine motor skills looking to practice shredding movements, measuring, and, most of all, patience.

INGREDIENTS:

- 5 cups shredded carrots
- 1 cup brown sugar
- 1 cup raisins
- 4 eggs
- 1 1/2 cup sugar
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 1 cup drained, crushed pineapple
- 3 cups flour
- 4 tsp cinnamon
- 1 1/2 tsp baking soda
- 1 tsp salt

Carrot Cake Cupcakes

HOW TO MAKE:

1. Assist your kiddo in washing and carefully shredding the carrots.
2. Mix your carrots and brown sugar in a bowl and allow it to sit for 1 hour before adding your raisins.
3. Preheat your oven to 350 degrees and prepare your cupcake pan with cupcake liners.
4. Whisk your eggs until well combined in a large bowl.
5. Whisk in your sugar, oil, and vanilla one at a time before stirring in your crushed pineapple.
6. In a separate bowl, mix your flour, cinnamon, baking soda, and salt.
7. Once combined, add your dry ingredients into your egg bowl little by little. Mix until there is no dry flour left.
8. Add the bowl with your carrots into your batter and mix.
9. Using an ice cream scooper or a large spoon, add your batter to each liner in your cupcake pan. Make sure not to fill them to the top so your cupcakes have room to grow.
10. Bake in the oven for 30 to 45 minutes.
11. Allow your cupcakes to completely cool before adding your favorite cream cheese frosting on top!