The Friday 4

4 FRESH IDEAS YOU CAN USE IN 4 MINUTES OR LESS

1 Quick Recipe: A Lighter Version of an All American Favorite!

Fruity. Moist and Delicious...

Cranberry Carrot Cupcakes with Lemon Cream Cheese Frosting

1 1/2 Cups All Purpose Flour
1/2 Cup Whole Wheat Flour
2 Tsp Baking Powder
1 1/2 Tsp Baking Soda
1 1/2 Tsp Ground Cinnamon
1/2 Tsp Freshly Ground Nutmeg
1/4 Tsp *Table Salt
Zest of a Lemon
1 Cup Sugar
1 Egg AND 3 Egg Whites
6 TB Vegetable Oil
1 Tsp Vanilla
3/4 Cup Non Fat Evaporated Milk
2 1/2 Cups Shredded Carrots
3/4 Cup Dried Cranberries
1 Cup Chopped Walnuts

Step One Preheat your oven to 375F. Prepare two muffin tins with liners.

Step Two Sift the first 7 ingredients together. Add the next 7 ingredients and beat with an electric mixer until just combined. Mix in the carrots, dried cranberries and walnuts.

Step Three Slide the cupcakes into the oven. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Cool before frosting with:

1 8 oz Pkg Light Soft Cream Cheese
1 TB Non Fat Evaporated Milk
1 Tsp Vanilla
Zest of a Lemon
8 oz Powdered Sugar

Combine all the frosting ingredients and beat with an electric mixer until smooth. Garnish the tops with additional lemon zest.

2 Kitchen Smidgen

*What kind of Salt should you use for Baking? Table Salt should be used for baking - the smaller crystals disburse better to provide even seasoning for baked goods.

3 Get Creative

Give your Cupcakes extra zing. Prepare your cranberries by giving them an hour soak in Limoncello liqueur (an after dinner drink from Italy). Replace the milk in the frosting with Limoncello. Now you're really serving "Adult Cupcakes".

4 WINE of the Week

Candoni Moscato d'Italia

100% Moscato Bianco (White Muscat)
Non-Vintage
About $12.00 at Kroger

Wine with Cupcakes...Of Course! Try this semi-sparkler with any summer fruit dessert. With only 6.5% alcohol it's a simple quaffable wine perfect for dessert, spicy foods or as an aperitif. You'll find it fruity and fragrant with a good balance of sweetness and acidity. A perfect picnic pick!

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