

Carrot Mug Cake

Flavourful carrot cake with cream cheese frosting & walnuts

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INGREDIENTS

(makes 4 portions)

- 50g brown sugar
- 40g soft butter
- 1 egg
- 90g flour
- ½ tsp baking powder
- ½ tsp baking soda
- 1tsp cinnamon
- 100g Greek yogurt or any other thick natural flavoured yogurt (10% fat)
- 120g carrots (grated)

- 100g cream cheese (natural flavour) at room temperature
- 100g whipping cream
- 1tsp vanilla paste
- 10-20g sugar

- 50g brown sugar
- 50g walnuts



DIRECTIONS

1. To make the carrot cake beat the soft butter with the sugar with a hand mixer for a couple of minutes until soft and pale. Add the egg and beat for another minute.
2. In a separate bowl combine flour, baking powder, baking soda and cinnamon.
3. Add about 1/3 of the dry ingredients to the bowl and mix shortly, then add about 1/3 of the yogurt and mix again shortly. Repeat until you have used up all of the dry ingredients and the yogurt. Then add the grated carrots and fold them in carefully with a spatula just until combined.
4. Butter 4 small ovenproof mugs and divide the batter evenly between them. Bake the carrot cakes in 180°C in the middle shelf of the oven for 30-35 minutes. Check with a wooden skewer that the cakes have baked through before removing them from the oven. Remove from the oven and allow to cool for about 10-15 minutes before removing from the mugs. Then allow to cool completely before proceeding to the next step.

5. While the cakes are baking you can make the caramelised walnuts. Start melting the brown sugar in a medium pan. Once the sugar has melted add the walnuts and mix to cover all walnuts with the sugar (do this quickly so that the sugar and the walnuts don't start to burn). Remove from heat and transfer into a piece of baking paper. Try to spread the walnuts as much as you can and leave to cool completely. NOTE! Work very carefully and don't touch the hot sugar, it can burn your skin very badly.
6. Once the walnuts have completely cooled and are cold to touch, crush them with a knife into bite size pieces.
7. To prepare the cream cheese topping, soften the cream cheese lightly with a spatula in a medium bowl. Then add the sugar and vanilla paste to it and mix well until combined. In a separate bowl, whisk the whipping cream until stiff peaks. Add about half of the whipping cream to the cream cheese and fold in carefully until combined, then add the rest of the cream and fold in until you have a smooth cream cheese frosting.
8. Serve the carrot cakes with some cream cheese frosting on top and decorated with the caramelized walnuts.