

Pumpkin Spice Cupcakes



Ingredients

For the sponge

140g butter, softened

120g golden caster sugar

2 eggs

1 tsp vanilla extract

140g self-raising flour

1/2 tsp ground cinnamon

1/2 tsp ground ginger

1/2 tsp ground nutmeg

2-3 tbsp milk

For the icing

100g unsalted butter, softened

100g icing sugar, sieved

1/2 tsp ground cinnamon

1/2 tsp ground ginger

1/2 tsp ground nutmeg

200g soft cheese

Research shows that cinnamon, ginger and nutmeg boost mental wellbeing!

Recipe



Heat the oven to 180C/160C fan/gas 4 and line a tin with cupcake cases. Beat the butter and sugar until light and airy. Gradually beat in the eggs and vanilla.



Fold in the flour and spices, followed by the milk, and combine until you have a smooth batter. Divide the mixture between the cupcake cases and bake for 12-15 minutes.



Play a few chapters of eQuoo while you wait and allow for the cupcakes to cool down for 5 minutes.



For the icing, beat the butter, icing sugar and spices for about 1-2 mins. Add the soft cheese and whisk for a further 3-4 mins until it thickens .



Use a piping bag or a spoon to swirl on top of the cupcakes and dust with extra pumpkin spice, if you like.