

Glut cupcakes, lots of ways

Butternut squash cupcakes

Makes 12



Equipment list

- Weighing scales
- Chopping board
- Knife
- Food processor (standard blade)
- Measuring spoons
- Spatula
- 12-hole cupcake tray
- 12 paper cupcake cases
- Cocktail stick or skewer
- Oven gloves
- Wire cooling rack
- Microplane
- Mixing bowl
- Measuring jug
- Sieve

Jamie's top tip

Tweak this recipe to use up gluts of seasonal fruits or vegetables using the ideas on the pages that follow, and you can create all sorts of different, but equally delicious, sweet treats.

Jamie's top tip

You might think it's mad to use butternut squash to make cupcakes, but it's really just like using carrots - the two vegetables have a similar vibe when used in baking. The skin of a butternut squash goes deliciously chewy and soft when cooked, so there's no need to peel it off. Give these a go!

Ingredients

- 200g butternut squash (neck-end only)
- 175g soft light brown sugar
- 2 large free-range eggs
- sea salt
- 175g plain flour

- 1 heaped teaspoon baking powder
- 35g walnuts
- ½ teaspoon ground cinnamon
- 90ml extra virgin olive oil

for the zingy topping

- zest of ½ a clementine
- zest of ½ a lemon
- 70ml soured cream
- 2 heaped tablespoons icing sugar

Allergy info



wheat, gluten, dairy, eggs, nuts



Sometimes food

For nutritional information, ask your teacher.

For banana and honey cupcakes:

Ingredients

Makes 12

- 2 ripe bananas
- 2 tablespoons runny honey

Allergy info  wheat, gluten, dairy, eggs

Here's how to make it

- 1** Peel and add the bananas to the processor instead of the squash (steps 2 to 3), then continue with the recipe.

- 2** Add the honey after the baking powder (step 5).

- 3** Do not use the walnuts or cinnamon

For banana and peanut butter cupcakes:

Ingredients

Makes 12

- 2 ripe bananas
- 2 tablespoons crunchy peanut butter

Allergy info  wheat, gluten, dairy, eggs, peanuts

Here's how to make it

- 1** Peel and add the bananas to the processor instead of the squash (steps 2 to 3), then continue with the recipe.

- 2** Add the peanut butter after the baking powder (step 5).


- 3** Do not use the walnuts or cinnamon.

For apple, pear and lemon cupcakes:

Ingredients

Makes 12

- 1 eating apple, cored
- zest of 1 lemon
- 1 ripe pear

Allergy info  wheat, gluten, dairy, eggs, nuts

Here's how to make it

- 1** On a chopping board, cut the apple into 6 pieces, removing the core. Add to the processor instead of the squash (steps 2 to 3), then continue with the recipe.


- 2** Use a microplane to finely grate the lemon zest, then add to the processor after the baking powder (step 5).

- 3** Core the pear (just like the apple), then roughly chop it and fold it through the mixture before baking (just before step 6).

Ingredients

Makes 12

- 200g carrots
- a pinch of ground nutmeg
- a pinch of ground cloves
- a pinch of ground ginger
- 1 orange

Allergy info  wheat, gluten, dairy, eggs, nuts

Here's how to make it

- 1** Use a Y-shaped peeler to peel the carrots, then add to the processor in place of the squash (steps 2 to 3), then continue with the recipe.

- 2** Use a microplane to finely grate the orange zest.

- 3** Add the orange zest, nutmeg, cloves and ginger after the baking powder (step 5).

Extra equipment

- Y-shaped peeler



Sometimes food


For nutritional information, ask your teacher.

For courgette cupcakes with lemon icing:

Ingredients

Makes 12

- 1 large courgette (roughly 200g)
- 150g icing sugar
- 1 lemon

Allergy info  wheat, gluten, dairy, eggs, nuts

Here's how to make it

- 1** Roughly chop the courgette and add it to the processor in place of the squash (steps 2 to 3), then continue with the recipe – you may need to cook the courgette cupcakes for 5 to 10 minutes longer as the batter will be a little bit wetter.

- 2** Once the cakes have cooked completely, sift the icing sugar into a mixing bowl.

- 3** Use a microplane to finely grate the lemon zest onto a board, then put to one side.

- 4** Cut the lemon in half.

- 5** Squeeze enough lemon juice into the bowl of icing sugar to create a nice thick icing, stirring continuously.

- 6** Spoon the icing onto the cakes, scatter over the lemon zest, then tuck in.

For beetroot and chocolate cupcakes:

Ingredients

Makes 12

- 200g cooked beetroot
- 50g dark chocolate (70% cocoa solids)
- 2 tablespoons cocoa powder

Allergy info  wheat, gluten, dairy, eggs

Here's how to make it

- 1** Add the beetroot and chocolate to the processor in place of the squash (steps 2 to 3), then continue with the recipe.

- 2** Add the cocoa powder after the baking powder (step 5).

- 3** Do not add the walnuts or cinnamon.



For nutritional information, ask your teacher.