

## Rainbow Cupcakes

### Introduction

Baking is a deeply personal experience that aids more than just your taste buds. Baking is also hugely advantageous for improving mental health, with benefits that include increased mindfulness, satisfaction and sensory pleasure. More and more people are turning to baking to relieve stress and anxiety, with many finding the practice enlightening and a perfect way to re-focus on something other than what is troubling them.

This easy rainbow cupcakes recipe is so simple to make and takes only 25 mins to make and bake. Get a little creative with your cupcake making skills by whipping up these amazing rainbow cupcakes.

**Follow this link for a demonstration:**

<https://www.goodtoknow.co.uk/recipes/easy-rainbow-cupcakes?jwsourc=cl>

### Instructions

#### For the cake mix you will need

- 250g unsalted butter, softened
- 250g caster sugar
- 250g self-raising flour
- Pinch of salt
- 4 medium eggs
- 4 tablespoons of milk



#### You will also need:

- Food colouring (red, blue, green, and yellow)
- Cupcake cases
- Whipped cream (optional) Vanilla cream cheese frosting:

#### Food Colouring Amounts:

- Purple = 9 red and 6 blue drops
- Blue = 12 drops blue
- Green = 12 drops green
- Yellow = 12 drops yellow
- Orange = 12 yellow and 4 red drops
- Red = 18 drops red

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## Method

1. Heat the oven to 190C fan or gas mark 5.
2. Measure all the cake mix ingredients into a large bowl and beat for 2-3 mins until the mixture is well blended and smooth.
3. Then divide the batter evenly among six small bowls. Dye each bowl of batter a rainbow colour (with specific amounts of food colouring drops).
4. Line a 16 muffin tray with cupcakes cases. Evenly distribute the purple batter among the cups, then the blue, and so on, following the order shown. As you go, gently spread each layer of batter with the back of the spoon to cover the colour underneath.
5. Bake in the preheated oven for 15-20 mins until the cakes are well risen. Lift the paper cases out of the bun tin and cool the cakes on a wire rack

