Vanilla cupcakes

**Ingredients:** Makes 12

For the cupcakes:
- 120g plain flour
- 140g caster sugar
- 1½ teaspoons baking powder
- a pinch of salt
- 40g unsalted butter, at room temperature
- 120ml whole milk
- 1 egg
- ¼ teaspoon vanilla extract
- 1 quantity of vanilla frosting

For the vanilla frosting:
- 250g icing sugar, sifted
- 80g unsalted butter, at room temperature
- 25ml whole milk
- a couple of drops of vanilla extract

For decorating:
- Hundreds and thousands or other edible sprinkles

**Method**

1. Preheat the oven to 170c (gas mark 5) and line cupcake tray with 12 cases
2. Mix the flour, sugar, baking powder, salt and butter in a bowl and beat on slow speed until you get a sandy consistency and everything is combined
3. Gradually pour in half the milk and beat until the milk is combined
4. Whisk the egg, vanilla extract and remaining milk together in a separate bowl, pour into the flour mixture and continue beating until just incorporated
5. Continue mixing for a couple more minutes until the mixture is smooth, being careful not to over mix
6. Spoon the mixture into the paper cases until two-thirds full and bake in the oven for 20–25 minutes, or until light golden and the sponge bounces back when touched. A skewer inserted in the centre should come out clean. Leave the cupcakes to cool slightly in the tray before turning out onto a wire cooling rack to cool
7. To make the vanilla frosting, beat the icing sugar and butter together until the mixture comes together
8. Continue mixing. Combine the milk and vanilla extract in a separate bowl, add to the butter mixture a couple of tablespoons at a time
9. Once all the milk has been incorporated, continue beating until the frosting is light and fluffy, at least 5 minutes. The longer the frosting is beaten, the fluffier and lighter it becomes
10. When the cupcakes are cold, spoon the vanilla frosting on top and decorate with hundreds and thousands

**Baking our way to beating heart rhythm disorders**

Organise a bake sale at school, work or in your community to help raise awareness of syncope and heart rhythm disorders.

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