

A-LIST APPETITE

KATIE'S HOT CUPCAKES!

Tom Cruise recently admitted that when Katie Holmes first met his kids, Isabella and Connor, she came armed... with cupcakes! 'The cupcakes are there, and [the kids] all looked at me like, "This is cool. Can we eat these cupcakes? This lady's cool!"' These little beauties are sure to win you rave reviews too!



SERVES 4

Ginger lovers' cupcakes

Ingredients:

- 4 cups self-raising flour
- 2 tbsp ground ginger
- ½ tsp salt
- 400 g unsalted butter
- 1½ cups dark muscovado sugar
- ¾ cup treacle
- 1¼ cups milk
- 4 eggs, beaten
- 1½ tbsp ginger in syrup, drained and finely chopped

Frosting

- 125g softened unsalted butter
- 400g softened cream cheese
- 1½ tsp vanilla extract
- 6 cups icing sugar
- 1 tbsp Buderim shredded ginger, finely chopped
- 12 ginger jelly bears
- Ground ginger, to sprinkle

Method:

1. Preheat oven to 150°C. Line two 12-hole muffin tins with cupcake papers. Sift together flour, ground ginger and salt. In a saucepan, melt butter, sugar and treacle over a low heat. Stir until the sugar has dissolved. Do not boil. Take off the heat and cool for 3 minutes. **2.** Add milk and stir until combined. Add the eggs and stir until well combined. Add the ginger and stir in well. Add the sifted flour mixture and stir in until smooth – do not over-mix as this will toughen the mixture. **3.** Spoon mixture into cupcake papers, filling each about three-quarters full. Bake for 20 minutes. Remove the cupcakes from the trays and cool on a wire rack for 30 minutes before frosting. **4.** To make the frosting, cream the butter for 1-2 minutes. Add the cream cheese, vanilla and half of the sifted icing sugar and beat for 3 minutes. Add remaining icing sugar and beat until the mixture is fluffy. Mix the shredded ginger into the frosting. Using a rounded-edged kitchen knife, apply the frosting to the cupcakes. Top each cupcake with a ginger bear and sprinkle with ground ginger.

For more cupcake recipes, check out *The Crabapple Bakery Cupcake Cookbook* by Jennifer Graham (\$29.95, Penguin Books).

TIME TO VEG OUT

LEONA BRINGS SEXY BACK TO VEGETARIANISM



Singer **Leona Lewis** has been named the World's Sexiest Vegetarian, while pop star **Jessica Simpson** (right) lets us know that 'Real Girls Eat Meat'



Jessica Simpson may be parading around in a top that says 'Real Girls Eat Meat', but British pop star Leona Lewis is singing a different tune – she's just been voted the World's Sexiest Vegetarian. The month-long poll by People for the Ethical Treatment of Animals (PETA) saw Leona out-sexy stars such as Hayden Panettiere, Kristen Bell and Abbie Cornish to take out the title. 'I am vegetarian so I don't

'I am against animal cruelty'

have clothes, shoes or bags made from leather or suede or any animal products. I am on a mission. I am totally against animal cruelty,' says Leona. With studies proving vegetarianism can significantly lower risks of cancer and heart disease, cutting back on the bacon sounds like a good idea!

IF YOU DO ONE THING THIS WEEK...

To battle the winter blues, open your curtains as soon as you wake up



Natural sunlight triggers the production of serotonin, the 'happy hormone', that wakes you up and helps you see the sunny side of life!

ASK THE EXPERTS

Q Work and kids means no time for a 'proper' workout! I do a 10-minute morning walk, 20-30 minutes at the gym during lunch and five minutes of stretching in the evening. Is it okay to split up my exercise like this?
Marcella, Geelong, Vic

A You're one multi-tasking superwoman! Exercise expert Martha Lourey-Bird says, 'Finding the time to exercise as a working mother is challenging and your solution is a great one – so keep it up. Any exercise is better than no exercise and the fact that you are accumulating it throughout your day is fantastic.' However, extended exercise sessions have other benefits, such as raising your heart rate and increasing stamina. 'To get the best of both worlds, try to find a time each weekend when you can get your exercise in one continuous session.' Martha suggests that you 'try a group fitness class, such as Pilates or spinning', to mix things up!

Got a question you'd like answered?
Send your query to health@okmagazine.com.au.



Katherine Heigl shaped up for her role in *Knocked Up* by following celeb trainer Harley Pasternak's time-efficient 25-minute circuit workouts

TEXT BY SHARON GOLDSTEIN AND YELENA FAIRFAX PHOTOGRAPHS BY BIG, GETTY, SCOPE, WIREIMAGE
MARTHA LOUREY-BIRD IS A LECTURER AT THE UNIVERSITY OF NSW, SCIENTIFIC ADVISER TO WEIGHT WATCHERS AND AUTHOR OF EXERCISE AND THE F WORD... FUN! (INSIGHT PUBLICATIONS)