

DO eat cake!

It's official, the cupcake craze is sweeping the nation (sales increased by 22% last year), so we scoured the UK for the best places to indulge



Sunnyside Cup, Cheshire

It's hard to resist these unashamedly girlie cakes, created by a former glossy mag PR-turned-domestic goddess. Exquisite buttercream roses, hand-made butterflies and floral embossed icing adorn her lavender, lemon blossom, chocolate and caramel cupcakes. Delivery in Cheshire is free. From £1.75 each, Sunnysidecup.com



The Swallow Bakery, West Sussex

From savoury (spinach and ricotta) to sweet (Earl Grey and mint choc chip), The Swallow Bakery has cornered the market on quirky chic cupcakes. And with a store in Chichester and a retro caravan visiting Glastonbury to Goodwood, its fab flavours are travelling fast. £1.80 each, Swallowbakery.com



The Anticipation, County Durham

Made with organic, free-range ingredients, these classic cupcakes are as tasty as they are elegant. Available in lemon, chocolate and vanilla, they are iced with miniature flowers – and the sleek black delivery box trimmed with gold ribbon just adds to the glam factor. From £2 each, Theanticipation.co.uk



And the winner is...

Lola's, London

The Sugababes and Fearne Cotton are suckers for Lola's cupcakes. They (plus their bite-size 'tinys') come in flavours like rocky road, peanut butter and coconut topped with mini Oreos and Lindt chocolates. Buy them in Harrods and Selfridges, or by next-day delivery within London. From £2 each, Lolas-kitchen.co.uk

