



Ashley's Meal Prep Monday!



Mini Paleo Carrot Cake Muffins with Vegan Cream Cheese Frosting

INGREDIENTS

carrot muffins:

- 1 1/4 cups almond flour
- 2 TBSP coconut flour
- 1/2 TSP baking soda
- 1/8 TSP salt
- 1 1/2 TSP ground cinnamon
- 1/2 TSP ground ginger
- 1/4 TSP ground nutmeg
- 2 large eggs,
- 1/3 cup coconut oil, melted
- 1/3 cup honey
- 2 TSP vanilla
- 1/2 cup grated carrots



frosting:

- 2 TBSP cream cheese
- 3 TSP maple syrup
- 1 TSP vanilla
- a dash of salt



Preheat oven to 350 and line or spray a mini muffin pan (a silicone pan is where it's at)

In a medium bowl, mix together all dry ingredients and set aside. In a large bowl, mix together the eggs, oil, honey and vanilla. Add the dry mix to the wet and mix until combined, then gently fold in grated carrots.

Divide batter evenly among the liners and bake for 15-ish minutes - or until a toothpick comes out clean. Let muffins cool for 5 minutes before removing to a wire rack to cool completely. Do not frost until completely cool.

For the frosting, mix everything together until combined. Add to a ziplock bag to pipe and drizzle over the tops of the muffins. Enjoy!