



Ashley's Meal Prep Monday!



Carrot Cake Cupcakes

INGREDIENTS

1 cup almond or oat milk
1 cup finely grated carrots
1/2 cup maple syrup
1/4 cup coconut sugar
1/4 cup melted vegan butter
1 TBSP apple cider vinegar
1 TSP vanilla
1 TSP cinnamon
1 TSP pumpkin pie spice
1 TSP baking soda
1 TSP baking powder
1/4 TSP salt
1 1/2 cup GF flour
1/2 cup GF quick or rolled oats
Frosting:
1 1/2 cup powdered sugar
4 TBSP softened vegan butter
4 oz vegan cream cheese

Preheat oven to 350. Line 12 cupcake molds with liners and spray with nonstick spray.

In a large bowl, mix butter, carrots, milk, maple syrup, coconut sugar, apple cider vinegar, vanilla, salt, cinnamon, pumpkin pie spice, baking soda/powder together. Then, mix in flour and oats until just combined. Optional, but I also added in a TBSP flax seed and folded in a little bit of unsweetened coconut. Pour the batter into the lined cupcake molds and bake for 25 minutes.

While baking, use an electric hand mixer to mix together the powdered sugar, butter and cream cheese.

Ice the cupcakes once they've cooled and enjoy! Store in airtight container.



Recipe: peanutbutterandjilly.com

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