

# carrot gingerbread muffins

PREP TIME  
20 minutes

COOKING TIME  
35-40 minutes

YIELD  
12-18 muffins

## CHANGE IT UP

The frosting recipe can be modified and used for other muffins as well. Use lemon zest instead of orange and top the Blueberry Lemon Muffins on page 246; or, leave it as-is and top the Pumpkin Cranberry Muffins with it.

*These muffins are a fantastic way to sneak some veggies into a treat. Each one contains about 1/4 cup of carrots, while the spiciness of the gingerbread is an indulgence.*

6 eggs  
1/2 cup butter or coconut oil  
1 teaspoon pure vanilla extract  
1/2 cup blackstrap molasses  
1/4 cup grade B maple syrup  
1/2 cup coconut flour  
1/2 teaspoon sea salt  
1/4 teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon ginger  
1/2 teaspoon ground cloves  
3 cups carrots, shredded  
1/2 cup raisins (optional)

## FROSTING (OPTIONAL)

1/4 cup coconut butter  
1/4 cup coconut oil  
1/4 teaspoon of freshly grated ginger  
1 tablespoon orange zest  
1 tablespoon shredded coconut  
1 tablespoon maple syrup

Preheat oven to 350° F.

Whisk the eggs, butter or coconut oil, pure vanilla extract, molasses, and maple syrup together in a large mixing bowl. Sift in the coconut flour, sea salt, baking soda, cinnamon, ginger, and ground cloves. Next add in the carrots and raisins (if using) and combine together.

In a muffin tin, scoop 1/4 cup of the batter into each lined muffin container (natural parchment muffin papers work best for lining), and bake for 35-40 minutes.

Combine all frosting ingredients until smooth. Allow the muffins to cool slightly before frosting.

NUTS  
EGGS  
NIGHTSHADES  
FODMAPS

