carrot gingerbread muffins

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.