Carrot Muffins

Ingredients

100g butter (can sub with coconut oil if dairy free)
4 eggs
1/2 cup maple syrup
2 medium size grated carrots
3 teaspoons vanilla essence
265g almond meal
50g tapioca flour
1 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon mixed spice

Method

1. Preheat oven to 160C
2. Melt butter (or coconut oil) and leave to cool.
3. Mix all dry ingredients together.
4. Add maple, vanilla and eggs to cooled butter and mix until well combined.
5. Mix in carrots.
6. Add all wet ingredients to dry ingredients and mix well.
7. Spoon into muffin tins, bang down on bench to smooth the tops, and bake for 20-22mins until a skewer comes out clean.

Cream Cheese Icing:
1. Put 125g of soft cream cheese into a bowl, mix in 1 tablespoon of maple syrup and mix well.

Recipe provided by Pure Food Kitchen

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