



CARROT CAKE MUFFINS WITH CASHEW ICING

These Carrot Cake Muffins are sweet, perfectly moist and full of delicious spices, including cinnamon and ginger. Top each muffin with an easy, creamy Cashew Icing, but fair warning, you'll want to slather it on everything! The muffins can be stored in an airtight container for 2-3 days.

 15 minutes

 50 minutes

 12 portions

INGREDIENTS

- 95 grams of coconut sugar
- 4 tablespoons of coconut oil
- 1 teaspoon of ground cinnamon
- 1/4 teaspoon of ground nutmeg
- 1/2 teaspoon of ground ginger
- 1/4 teaspoon of salt
- 1 teaspoon of bicarbonate of soda
- 2 medium carrots, grated
- 40 grams of dried cranberries, unsweetened
- 30 grams of walnuts, chopped
- 160 grams of rolled oats
- 2 ripe bananas
- 2 eggs
- 85 grams of cashew butter (for the icing)
- 85 grams of honey (for the icing)
- 1 teaspoon of vanilla extract (for the icing)
- 1 teaspoon of ground cinnamon (for the icing)
- 1/8 teaspoon of salt (for the icing)

COOKING METHOD

- 1° Preheat the oven to 180°C (Gas Mark 4). Line a muffin tin with muffin liners or prepare the silicone muffin cups.
- 2° Place the oats in a high-speed blender or food processor and blitz until you reach a flour like consistency.
- 3° Add in all of the other muffin ingredients apart from the carrots, cranberries and walnuts. Blend until smooth.
- 4° Finally stir in the carrots, cranberries and walnuts, and divide the batter equally between the 12 muffin liners. Place the tray in the oven and bake for 30-35 minutes. Once cooked through, remove the tray from the oven. Remove the muffins from the tray and place on a wire rack to cool completely.
- 5° Prepare the icing by microwaving all the ingredients in a bowl for 15-30 seconds, stir well and once the muffins are cool, spread evenly over all 12 muffins.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (76 g)	% DRI
ENERGY	289 kcal	221 kcal	11 %
PROTEIN	6 g	5 g	9 %
CARBOHYDRATE	37 g	28 g	11 %
SUGARS	22 g	17 g	18 %
FAT	14 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	6 g	5 g	23 %
FIBER	3 g	2 g	8 %
SODIUM	227 mg	173 mg	7 %