



Birthday Carrot "Cake"

Ingredients:

6 muffins

Cake:

1 cup whole wheat or whole spelt flour

1 tsp baking powder

1 tsp baking soda

½ tsp ground cinnamon

1/8 tsp grated nutmeg

1/8 tsp cardamom

¼ tsp salt

9 Tbsp real maple syrup

5 Tbsp coconut or almond milk (unsweetened)

2 Tbsp coconut oil or sunflower oil

½ tsp vanilla extract

1 cup peeled and finely shredded carrots = 1 medium carrot

Finely minced zest of 1 medium organic orange

1/3 cup pitted, diced medjool dates = 3 dates

Frosting:

1/2 cup raw macadamia nuts, soaked for at least 30 minutes

1/2 cup raw cashew nuts, soaked for at least 30 minutes

1/4 cup coconut milk

1/4 cup maple syrup

2 Tbsp coconut oil

1 tsp vanilla

2 tsp fresh orange juice

Pinch of salt

Preparation:

Preheat oven to 350°F.

Line muffin cups with paper cups

Mix all dry ingredients first: flour, cinnamon, nutmeg, cardamom, baking powder, baking soda and salt together in a large bowl.

In a separate bowl, whisk wet ingredients together, including carrots, orange zest and dates.

Mix frosting mixture into flour mixture and combine.

Fill muffin cups with batter

Bake in the preheated oven until a tooth pick inserted in the center comes out dry, about 30 minutes or less.

Blend all frosting ingredients in a blender



12 WEEKS TO A LIGHTER YOU

DROP UNWANTED WEIGHT, FEEL HEALTHIER, HAVE MORE ENERGY & CONFIDENCE

Chill for at least 30 minutes

Unwrap cupcakes and spread frosting

Enjoy!