

## Healthy Carrot Cake Muffins

Makes 18 muffins

### Ingredients

2 cups blanched almond flour

2 tsp baking soda

1 tsp sea salt

1 Tbsp cinnamon

1 cup dates, pitted

3 ripe bananas

3 large eggs

1 tsp apple cider vinegar

¼ cup coconut oil, melted

1½ cups carrots, shredded

¾ cup walnuts, finely chopped



### Directions:

1. In a small bowl, combine almond flour, baking soda, salt, and cinnamon.
2. In a food processor, combine dates, bananas, eggs, vinegar and oil.
3. Transfer mixture to a large bowl.
4. Blend dry mixture into wet until thoroughly combined.
5. Fold in carrots and walnuts.
6. Spoon mixture into paper lined muffin pan.
7. Bake at 350° for 25-30 minutes.