

Carrot and Beetroot Muffins



INGREDIENTS

- 1 cup shredded carrot
- 3 beets
- ¼ cup coconut oil (melted)
- 1 tsp vanilla extract
- ¼ cup honey
- 6 eggs
- ½ cup Coconut flour
- ¼ cup raisins
- 1-2 scoops vegan protein powder (I use Kaizen brand)
- 1 tsp baking powder
- 2 tsp cinnamon powder
- ½ tsp cardamom powder
- ½ tsp Himalayan salt

PROCESS

Steam beets until tender (no need to peel them) then puree in blender to get at least 1 cup. Pre-heat oven to 350F. In a large bowl, whisk coconut oil, eggs, honey, beet puree, shredded carrot and extract. Add dry ingredients, raisins and spices. Ensure that you sift coconut flour into the mixture and stir. Grease baking pan or use silicon bakeware. Pour mixture halfway and spread with rubber spatula. Bake for 35 minutes. Remove and cut into squares (when cooled). Refrigerate or freeze the muffins and use them as snacks or treats!