



CARROT AND WALNUT CUPCAKES

ALLERGIES:

No grains
No dairy
No gluten

Prep time: 15 mins

Cook time: 30 mins

Makes: 12 large cupcakes

INGREDIENTS

- 5 medium carrots, roughly chopped
- 10 pitted dates, soaked in boiling water
- 3 eggs
- 1/2 cup rice malt syrup
- 2 tbsp coconut oil, melted
- 160g (1 1/2 cups) almond flour
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp baking soda
- 2 pinches pink rock salt
- 1 cup walnuts, chopped finely

METHOD

- Preheat oven to 160°C. Line a muffin tin with patty pans.
- In food processor, pulse carrots and dates until finely chopped.
- Whisk eggs, rice malt syrup and coconut oil in a large bowl, add carrot mix and stir.
- In a new bowl, combine almond flour, cinnamon, nutmeg, baking soda and salt.
- Mix dry ingredients into wet ingredients, and mix well. Fold in walnuts.
- Pour mixture into muffin pan, 3/4 fill each one.
- Bake for 30 minutes, or until cooked through (skewer comes out clean).
- Transfer onto wire rack to cool before frosting (if required).

