



# Carrot Cake Muffins with Cashew Cream Cheese Icing

Who doesn't love traditional carrot cake with cream cheese icing? These muffins so are so good, no one will ever know they are gluten, dairy and refined sugar-free!!

Ingredients:

## Carrot Cake Muffins

- 1 1/4 cup arrow root starch
- 1 3/4 almond flour
- 4 tbsp coconut flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 sea salt
- 3 tsp cinnamon
- 1 1/2 tsp all spice
- 1/2 tsp nutmeg
- 6 large eggs (whisked)
- 2/3 cup full fat coconut milk
- 1/2 cup melted coconut oil
- 2/3 cup raw honey (melted)
- 1 cup raisins
- 3/4 cup shredded coconut
- 3 cups grated carrot

## Cashew Cream Cheese Icing

- 1 cup raw cashews (soaked for 4 hours)
- 3 tbsp melted coconut oil
- 3 tbsp raw honey (melted)
- 1 1/2 tsp freshly squeezed lemon juice
- 1 tsp vanilla
- 1/2 sea salt
- 1-3 tbsp water (as needed for blending)

#### Directions:

Preheat oven to 350 degrees. Mix all dry ingredients (except raisins, coconut, and grated carrots) in large bowl and mix until combined. Set aside.

In medium bowl, whisk 6 eggs and then add in the remainder of the wet ingredients. Add wet ingredients to dry ingredients in the large bowl. Let sit for 5 minutes to allow the coconut flour to absorb the excess liquid.

Fold in the remainder of the ingredients – raisins, coconut and carrots – until just combined. Fill greased muffin cups 2/3 full. Bake for 20-30 minutes (until slightly browned toothpick comes out clean).

Cool completely on wire rack before icing.

#### **Cashew Cream Cheese Icing:**

Drain cashews. Place all ingredients (except water) in high speed blender. Blend until smooth and creamy adding water only as needed to give the mixture just enough moisture to whip up.

Ice cooled muffins and top with chopped nuts of choice (I prefer Pecans). Store on the counter for 3-4 days or in the fridge if your icing is on the runny side. These freeze excellent!