



Carrot and Zucchini Mini-Muffins



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almond flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown rice flour
- ☐ 0.5 cup carrots grated peeled (from 1 medium carrot)
- ☐ 8 ounces whipped cream cheese at room temperature
- ☐ 1 large eggs at room temperature
- ☐ 0.3 cup grapeseed oil

- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 tablespoons honey
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.5 cup zucchini grated unpeeled (from 1 medium zucchini)

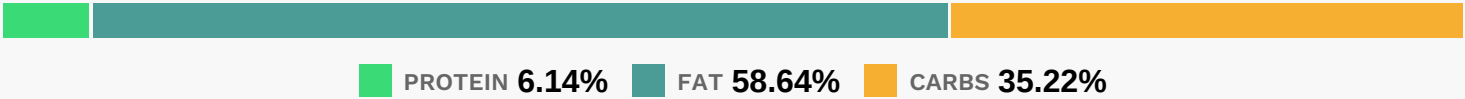
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ muffin liners

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line 24 mini-muffin cups with (1 1/2-inch) paper liners. Set aside.
- ☐ In a medium bowl, sieve together the flours, salt, baking powder, baking soda, and cinnamon.
- ☐ Add any solids leftover in the sieve to the bowl and mix in.
- ☐ In a separate medium bowl, whisk together the oil, syrup, and egg.
- ☐ Add the dry ingredients and mix until just combined.
- ☐ Mix in the grated carrot, grated zucchini, and raisins.
- ☐ Using 2 small spoons, fill the prepared muffin cups 3/4 full with the batter and bake until light golden, about 15 minutes. Cool for 5 minutes.
- ☐ Transfer the muffins to a wire rack to cool completely, about 30 minutes.
- ☐ For the frosting: In a small bowl, mix together the cream cheese and honey until smooth.
- ☐ Spread the cooled muffins with frosting, if using, and serve.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:3.72, Inflammation Score:-4, Nutrition Score:2.6486956373505%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 113.41kcal (5.67%), Fat: 7.71g (11.87%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 10.43g (3.47%), Net Carbohydrates: 9.46g (3.44%), Sugar: 4.89g (5.44%), Cholesterol: 14.93mg (4.98%), Sodium: 71.9mg (3.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Manganese: 0.22mg (10.81%), Vitamin A: 527.13IU (10.54%), Vitamin E: 1mg (6.66%), Vitamin B2: 0.08mg (4.93%), Calcium: 39.26mg (3.93%), Fiber: 0.97g (3.87%), Phosphorus: 26.07mg (2.61%), Iron: 0.39mg (2.16%), Potassium: 73.22mg (2.09%), Vitamin B6: 0.03mg (1.68%), Magnesium: 5.94mg (1.48%), Vitamin B1: 0.02mg (1.39%), Selenium: 0.81µg (1.16%), Zinc: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.02%)