



HEALTHY
HOLIDAY
MEALS



Healthy Carrot Cake Muffins

the perfect diabetic-friendly breakfast muffins

1 1/2 cups whole wheat pastry flour
1 tsp baking soda
1/4 tsp salt
1 1/2 tsp cinnamon
1/4 tsp nutmeg
1 cup finely shredded carrots
1/2 cup pure maple syrup
1 tbsp olive oil
1/3 cup unsweetened applesauce
1 egg, slightly beaten
2 tsp vanilla extract
1/2 cup Almond Milk, unsweetened
1/2 cup shredded coconut flakes, unsweetened (optional)
1/2 cup raisins (optional)
4 oz reduced-fat cream cheese, soft
1/4 cup powdered sugar
1/2 tsp vanilla extract
1 - 2 tbsp Almond Milk, unsweetened

- 1** Preheat oven to 350° F. Line 12-cup muffin pan with liners and spray inside with nonstick cooking spray.
- 2** Next, add flour, baking soda, cinnamon, nutmeg, and salt to medium bowl; stir to combine then set aside.
- 3** In a separate large bowl, add carrots, maple syrup, olive oil, applesauce, egg, and vanilla. Whisk to combine wet ingredients then slowly stir in almond milk and flour mixture. Fold in coconut flakes and raisins (optional). Divide batter evenly between muffin liners. Bake for 18-20 minutes, or until toothpick inserted is clean. Allow to cool for 10 minutes in pan, then transfer to wire rack.
- 4** Once muffins are cool, place cream cheese in microwave safe bowl and microwave for 30-45 seconds, or until cream cheese is warm and runny. Stir gently and add in powdered sugar, vanilla extract and a few tablespoons of almond milk. Dip muffin top in mixture. Top w/ coconut.

Nutrition information per serving (1 muffin with cream cheese): 149 Calories, 3.5g Total Fat, 1.3g Saturated Fat, 623mg, 26.6g Carbohydrates, 13.9g Sugar, 2.7g Fiber, 3.2g Protein.