Carrot Cake Protein Muffins

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Filling
8 oz. Toffutti Better Than Cream Cheese
2 tablespoons granulated sugar

Muffins
1 cup white whole wheat flour
¾ cup all-purpose flour
¼ cup soy flour*
½ cup rolled oats
1 cup sugar
2 teaspoons baking powder
½ teaspoon baking soda
1 ½ tablespoons cinnamon
½ teaspoon nutmeg
¼ teaspoon ginger
1 ½ teaspoons salt
16 oz. silken tofu
½ cup orange juice
½ cup soy milk
¼ cup agave nectar
2 tablespoons canola oil
1 tablespoon orange zest
1 ½ cups finely shredded carrots
½ cup chopped walnuts
½ cup raisins

Topping
¼ cup chopped walnuts
2 tablespoons brown sugar

Mix the filling ingredients together until smooth; set aside. Line 24 muffin cups with paper liners and set aside. Preheat oven to 400 degrees.

In a large bowl, whisk together the flours, rolled oats, sugar, baking powder, baking soda, cinnamon, nutmeg, and salt. Set aside. In a blender, combine tofu, orange juice, soy milk, agave nectar, and canola oil. Blend until smooth, then add the orange zest and pulse once to combine.

Pour into the bowl with the flour mixture and stir until moistened. Fold in the carrots, walnuts, and raisins. Divide half the batter between prepared muffin cups, then spoon about 1 ½ teaspoons of the filling mixture over the centers before covering with the remaining batter. Bake for 20-22 minutes or until the center no longer looks wet and feels done when touched in the middle (a toothpick will not come out clean because of the filling so go by the look and feel). Remove to cool completely on a wire rack.

*There's no need to go out and buy soy flour if you don't have it, just use a full cup of all-purpose flour and omit the soy flour.