

Carrot Cake Protein Muffins

Carrot Cake Cupcakes will forever be my favorite way to get my daily serving of vegetables. Give me a cupcake and a zucchini muffin for each hand and I've got the bottom of the food pyramid covered.

Alright, maybe carrot cake cupcakes aren't the **best** way to get your daily vegetables, but it's definitely the tastiest, especially when topped off with a very generous swirl of cream cheese frosting.

Sorry folks... no frosting here...but good news is they're soft, protein-rich and cheerfully fluffy, these cupcakes taste like springtime and sunny weather (which I could really, really use right now!).

- 4 Carrots or 1 1/2 grated
- 3 Egg white
- 1/4 cup Almond milk
- 1/2 cup carrot baby food (or applesauce)
- 1 tbs Vanilla extract
- 1/2 cup Protein powder
- 1 cup Oat flour
- 1/8 tsp Salt
- 1 tsp Baking powder
- 1/2 tsp Baking soda
- 1/2 tsp Pumpkin pie spice
- 2 tsp Cinnamon

Directions:

1. Pre-heat oven to 350 degrees. Spray muffin tin (12 muffin cups) with non-stick spray, or line with parchment paper liners.
2. Grate carrots(or buy them grated)and add to the bowl with the wet ingredients. Stir to combine. Add dry ingredients to the bowl and stir to combine.
3. Spoon batter into 12 muffin tins, filling each cup full. Bake for about 20-25 minutes or until golden brown on top, and toothpick comes out clean. Remove from pan immediately and allow to cool at room temperature. **2 muffins per serving**