

# Carrot Cake Muffins

These muffins travel well and can be easily frozen and thawed in serving-sized portions. They're great with or without the frosting.



3 c. almond flour  
1 tsp. salt  
1 tsp. baking soda  
1 Tbs. cinnamon  
1 tsp. nutmeg  
5 eggs  
1/2 c. honey  
1/4 c. grapeseed oil  
3 carrots, grated  
1 c. raisins  
1 c. walnuts, chopped (opt.)

## Creamy Vanilla Frosting

3 c. homemade SCD yogurt  
6 Tbs. butter, softened  
3 Tbs. honey  
1 tsp. vanilla

Thoroughly drip yogurt so it is quite thick. Beat in butter, honey and vanilla. Spread on muffins and refrigerate. May also stir in well drained crushed fresh pineapple if you'd like.

In a large bowl combine almond flour, salt, baking soda, cinnamon and nutmeg. In a separate bowl, thoroughly mix eggs, honey and grape seed oil.

Add carrots, raisins and walnuts (if using) to egg mixture; stir to combine. Stir egg/carrot mixture into flour mixture.

Fill 18-20 cupcake liners in muffin pans about 3/4 full. Bake at 325 degrees for 25 to 30 minutes. May be frozen and thawed individually in the microwave for 20-30 seconds.