

# Carrot Coconut Cacao Muffins

15 ingredients · 30 minutes · 12 servings



## Directions

1. Preheat oven to 375 degrees F. Lightly grease a muffin tin with coconut oil.
2. In a medium-sized bowl prepare the flax egg by mixing the ground flax seed with 5 tablespoons of water and let sit for 5 minutes.
3. Blend together almonds and coconut flakes to make an almond-coconut meal.
4. Blend dates and banana together for about 1 minute until thick and smooth.
5. Add coconut oil and the date/banana mixture to the flax egg. Stir until smooth.
6. In a large mixing bowl combine almond-coconut meal, oats, gluten-free flour, cacao nibs, baking powder, cinnamon, and salt.
7. Add shredded carrot to the large mixing bowl. Add wet ingredients to the large mixing bowl and combine. Add 1/2 cup water (or as much as needed) to get a thick, batter-like consistency.
8. Add a few drops of liquid stevia for added sweetness (optional).
9. Divide batter evenly among muffin tins. They should be almost filled to the top, but not overflowing.
10. Bake for 20 minutes. Muffins are ready when you stick with a toothpick (or fork) and it comes out clean. Allow to cool before removing from the tin.
11. Store in a covered container at room temperature. You may also freeze.

## Ingredients

1/2 cup	Almonds
1/4 cup	Unsweetened Coconut Flakes
2/3 cup	Oats
1 cup	All Purpose Gluten Free Flour
1 1/2 tbsps	Baking Powder
1 tsp	Cinnamon
1/2 tsp	Sea Salt
1/2 cup	Cacao Nibs
1 cup	Carrot (shredded)
6	Dates
1/2	Banana (ripe)
1/4 cup	Coconut Oil
2 tbsps	Ground Flax Seed (plus 5 tbsp water for flax egg)
1/2 cup	Water (filtered)
1	Liquid Stevia (5 drops - optional)