



## Zucchini Carrot Souffle Muffins

10 servings

45 minutes

### Ingredients

- 1/4 cup Maple Syrup
- 4 Egg (separated)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Vanilla Extract
- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1/4 tsp Sea Salt
- 1 Carrot (grated)
- 1 Zucchini (grated)

### Directions

- 1 Preheat oven to 350°F (177°C). Grease a muffin tin or line with muffin cups.
- 2 In a bowl, whisk together maple syrup, egg yolks, melted coconut oil and vanilla extract.
- 3 Add dry ingredients to the wet mixture and combine thoroughly.
- 4 Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
- 5 Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
- 6 Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

### Notes

**Make it as a Loaf,** Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.

**No Eggs,** If you have an allergy to egg white, this recipe has been tested using egg yolk only. I added about 2 tbsp of warm water.