



Gluten Free Carrot Cake Cupcakes

INGREDIENTS:

1 1/2 cups Almond Flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 Tablespoon Cinnamon
3 eggs
2 Tablespoons Coconut Oil (Grapeseed oil)
1/4 cup honey (agave)
1 1/2 cups grated carrot
1/2 cup chopped walnuts (pecans)

DIRECTIONS:

In a large bowl, combine almond flour, salt, baking soda, and cinnamon.

In a smaller bowl, combine eggs, oil, honey and mix to well-blended. Add in the carrots and walnuts. Mix well.

Add the wet ingredients into the dry, and stir to combine.

Place 1/4 cup batter into lined baking cups. Bake at 325 ° for 18 - 22 minutes.

Cool then frost with Cream Cheese Frosting.

CREAM CHEESE FROSTING

INGREDIENTS:

3/4 cup heavy cream
1 cup cream cheese
1/4 cup honey (agave)
1 Tablespoon Almond Extract (Vanilla)
1/4 teaspoon cinnamon

DIRECTIONS:

Whip heavy cream until stiff

In a separate bowl, whip cream cheese until smooth, then blend in honey, almond extract, and cinnamon.

Carefully stir in whipped heavy cream, folding to combine, but careful not to over mix.