**Carrot and Zucchini Muffins**

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**Ingredients**

Muffins:

* 1 cup almond flour
* 1/4 cup brown rice flour
* 1/4 teaspoon fine sea salt
* 1 teaspoon baking powder
* 1/2 teaspoon baking soda
* 2 teaspoons ground cinnamon
* 1/3 cup grapeseed oil
* 1/3 cup maple syrup
* 1 large egg, at room temperature
* 1/2 cup grated carrots (from1 medium peeled carrot)
* 1/2 cup grated zucchini (from 1 medium unpeeled zucchini)
* 1/2 cup raisins

Frosting (optional):

* 1 cup whipped cream cheese, at room temperature (about 8 ounces)
* 1 1/2 tablespoons honey

**Directions**

For the muffins: Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line 24 mini-muffin cups with (1 1/2-inch) paper liners. Set aside.

In a medium bowl, sieve together the flours, salt, baking powder, baking soda, and cinnamon. Add any solids leftover in the sieve to the bowl and mix in.

In a separate medium bowl, whisk together the oil, syrup, and egg. Add the dry ingredients and mix until just combined. Mix in the grated carrot, grated zucchini, and raisins.

Using 2 small spoons, fill the prepared muffin cups 3/4 full with the batter and bake until light golden, about 15 minutes. Cool for 5 minutes. Transfer the muffins to a wire rack to cool completely, about 30 minutes.

For the frosting: In a small bowl, mix together the cream cheese and honey until smooth.

To serve: Spread the cooled muffins with frosting, if using, and serve.

SERVES: 24 (WITHOUT OPTIONAL CREAM CHEESE); Calories: 82; Total Fat: 5 grams; Saturated Fat: 0.5 grams; Protein: 2 grams; Total carbohydrates: 8 grams; Sugar: 5 grams; Fiber: 1 grams; Cholesterol: 9 milligrams; Sodium: 74 milligrams

**Ingredients**

* 1 cup white whole wheat flour
* ½ teaspoon ground cinnamon
* ¼ teaspoon salt
* 1 teaspoon baking soda
* 3 tablespoons butter, melted and cooled
* ½ cup honey
* 1 large egg, beaten
* 1 teaspoon vanilla extract
* 1 cup finely grated zucchini (about 1 zucchini)
* ½ cup finely grated carrot (about 1 carrot)
* ½ cup raisins

 Glaze (optional):

1/3 cup powdered sugar

1 t milk

¼ t vanilla extract

**Directions**

For the muffins: Place an oven rack in the center of the oven. Preheat the oven to 350 degrees. Fill 12 muffin cups with paper liners. Set aside.

In a medium bowl, mix together the flours, salt, baking soda, and cinnamon.

In a separate medium bowl, whisk together the butter, syrup, and egg. Add the dry ingredients and mix until just combined. Mix in the grated carrot, grated zucchini, and raisins.

Fill the prepared muffin cups 3/4 full with the batter and bake until light golden, about 20-25 minutes. Cool for 5 minutes.

For the glaze. Mix all ingredients with a fork until smooth. Drizzle over muffins before eating.