



TREAT
OF
THE
WEEK

CARROT MUFFINS *with* TURMERIC ICING

INGREDIENTS

- 160g GF flour mix
- 140g raw cane sugar
- 200ml almond milk
- 3 Tbsp melted coconut oil
- 1/2 tsp bicarbonate soda
- 1 tsp baking powder
- 240g grated carrots
- 5 Medjool dates chopped
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground cardamom

ICING:

- 150g cashew nuts soaked for 2 hours
- 1 Tbsp Maple syrup
- 1 tsp turmeric
- pinch of vanilla
- a splash of plant based milk

PREPARATION

1. Put the oven to 180°C and prepare all the ingredients.
2. In a big bowl mix all the batter ingredients, if you have a sourdough starter, you can even add 2 Tbsp of it for easier digestion.
3. Prepare the muffin mold with paper cups and start to fill them in to 3/4 (they will rise in the oven).
4. Bake for 15-20min until nice and golden on the top and done inside.
5. In the meantime put all the icing ingredients in a high speed blender and give it a good stir.
6. When the muffins are done, let them cool down before you put the icing on the top. You can decorate them with pecan nuts or use your imagination.