

Carrot Muffins

Created by Kristy Regan for the NUNM SIBO Lab

Ingredients:

- 1 cup almond flour
- ¼ cup coconut flour*
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 3 eggs
- ¼ cup honey
- 1 tsp vanilla
- 1/3 cup melted butter, ghee or coconut oil
- 1 ½ cups shredded carrots
- ½ cup walnuts, chopped (optional)

Instructions

1. Preheat oven to 300 degrees.
2. Grease muffin tin pan or line with silicon or paper muffin cups.
3. In a medium bowl, mix almond flour, coconut flour, baking soda, salt, and cinnamon until combined.
4. Add eggs, honey, vanilla and butter/oil and mix until incorporated and no lumps remain.
5. Mix in shredded carrots and nuts (if using).
6. Fill the muffin cups approximately half full.
7. Bake for 25-30 minutes.

Makes approximately 12 muffins

*Coconut flour has been measured as high FODMAP in 2/3 cup amount by Monash University. Since there isn't a lower known amount that is high FODMAP or low FODMAP, we are still featuring recipes with small amounts of coconut flour per serving.