Zucchini Carrot Souffle Muffins

10 SERVINGS 45 MINUTES

INGREDIENTS

1 cup Almond Flour

1/4 cup Coconut Flour

1 1/2 tsps Baking Powder

4 Egg (separated)

1 Carrot (grated)

1 Zucchini (grated)

3/4 tsp Raw Honey

1/4 cup Coconut Oil (melted)

1 tbsp Vanilla Extract

1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	165	Iron	1mg
Fat	13g	Vitamin D	16IU
Carbs	6g	Folate	15µg
Fiber	3g	Magnesium	39mg
Protein	6g	Zinc	0mg
Vitamin C	4mg		

DIRECTIONS

01 Preheat oven to 350ºF (177ºC). Grease a muffin tin or line with muffin cups.

02 In a bowl, whisk together honey, egg yolks, melted coconut oil and vanilla extract.

03 Add dry ingredients to the wet mixture and combine thoroughly.

04 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.)

05 Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.

06 Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

NOTES

RECIPE ID 801
MAKE IT AS A LOAF
Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.

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