



Zucchini Carrot Souffle Muffins

10 servings
45 minutes

Ingredients

1/4 cup Maple Syrup
4 Egg (or chia or flax eggs)
1/4 cup Coconut Oil (melted)
1 tbsp Vanilla Extract
1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsps Baking Powder
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1/4 tsp Sea Salt
1 Carrot (grated)
1 Zucchini (grated)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 202 |
| Fat | 15g |
| Saturated | 0g |
| Carbs | 12g |
| Fiber | 0g |
| Sugar | 0g |
| Protein | 6g |
| Cholesterol | 0mg |
| Sodium | 0mg |

Directions

- 1 Preheat oven to 350. Grease a muffin tin or line with muffin cups.
- 2 In a bowl, whisk together maple syrup, eggs (or chia or flax eggs), melted coconut oil and vanilla extract.
- 3 Add dry ingredients to the wet mixture and combine thoroughly.
- 4 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.)
- 5 Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

Notes

Make it as a Loaf: Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.

Egg-Free: 1 whole egg = 1 tbsp chia or flax seeds soaked for about 3 minutes in 3 tbsp of water.

Carrots & Your Liver: The liver produces bile, which removes wastes. Carrots are one of the top sources of carotenoids, and carotenoids stimulate bile to flow. Additionally, the insoluble fiber in carrots moves toxin-containing stool through your digestive tract, which ensures toxins are eliminated. As the liver functions as a main detoxifier of toxins in the body, this reduces stress on your liver.