Coconut-Carrot Muffins

Makes 12 muffins

Ingredients:

- 5 large eggs
- 1 cup egg whites
- ¼ cup sugar-free syrup*
- ½ cup coconut oil
- ½ cup coconut flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup grated carrots
- 1 cup grated zucchini

Instructions:

1. Pre-heat oven to 350°F. Prepare muffin tin with liners.
2. Combine eggs, syrup, and coconut oil; mix until well blended.
3. Stir in flour, baking soda, and salt; mix until well blended and there are no lumps.
4. Fold in carrots and zucchini.
5. Pour batter into prepared muffin tin. Baked for 20-25 minutes, or until a toothpick comes out clean.

Note:

*Such as Torani coffee syrup, vanilla flavor.

Nutrition per muffin: Calories 133; Total Fat 10.6 g; Saturated Fat 8.4 g; Monounsaturated Fat 0.9 g; Polyunsaturated Fat 0.3 g; Total Carbohydrates 4.9 g; Dietary Fiber 2.3 g; Sugar Alcohols 0.0 g; Sugars 1.7 g; Protein 4.2 g; Sodium 362 mg