**Carrot Cake Cupcakes**

Carrot cake can still be enjoyed on the Paleo diet, and in this recipe the classic cake dessert is transformed into individual cupcakes. Carrots, dates, and crunchy walnuts add an abundance of flavors and textures. Top the fluffy spiced cupcakes with some cinnamon vanilla frosting, the

base of which is chilled coconut cream.

**ingredients**

3 large carrots

4-5 pitted Medjool dates

3 eggs

1/4 cup honey

2 tbsp coconut oil, melted

1 1/2 cups almond flour

2 tsp cinnamon

1/2 tsp salt

1/2 tsp baking soda

1/2 tsp nutmeg

1 cup walnuts, finely chopped

For the frosting:

1 14-oz. can coconut milk,

chilled

1 tsp honey

1/2 tsp cinnamon

1/2 tsp vanilla extract

Pinch of ground cloves

1. Preheat the oven to 325 degrees F. Line a muffin tin with cups. Coarsely

chop the carrots and dates and place in a food processor. Pulse until

finely chopped. In a large bowl, whisk together the eggs, honey, and

coconut oil. Add the carrots and dates and stir well.

2. In a separate bowl, stir together the almond flour, cinnamon,

salt, baking soda, and nutmeg. Mix the dry ingredients into the wet

ingredients and stir to combine. Fold in the chopped walnuts.

3. Divide the batter equally among the muffin cups, filling each cup about

3/4 of the way full. Bake for 20-25 minutes, or until a toothpick inserted

into the center comes out clean. Let cool for 5 minutes, and then transfer

to a wire rack to cool completely.

4. To make the frosting, blend together the chilled coconut cream

(spooned from the top of the can), honey, cinnamon, vanilla, and ground

cloves in a food processor until completely combined. Spread over the

cooled cupcakes.