

## Carrot Cake Muffins with Not Just Caramel



### SIZE

Makes 12

### PREPARATION

45 min

### DIFFICULTY



Level 1



Level 2



These Carrot Cake Muffins are craveable, healthy-ish, and for everyone: gluten-free dairy-free, and downright delicious! The pineapple, banana, and caramel make for a super moist carrot cake muffin and the extra drizzle of Not Just Caramel on top is just \*chef's kiss\*!

We love to use Bob's Red Mill all purpose gluten free flour here but regular AP or whole wheat flour work just as well.

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## Ingredients

- 1** $\frac{3}{4}$  cup gluten free flour (preferably Bob's Red Mill)
- 1** tsp baking powder
- 1** tsp baking soda
- 1** $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{4}$**  tsp ground nutmeg
- $\frac{1}{4}$**  tsp salt
- 1** egg, beaten
- $\frac{1}{2}$**  cup dairy free milk (we love oat milk here)
- $\frac{1}{2}$**  cup not just caramel, plus more to serve
- $\frac{1}{3}$**  cup crushed pineapple, drained (if chunks, coarsely chop)
- 2** ripe bananas, mashed (about a heaping  $\frac{1}{2}$  cup)
- 1** cup finely grated carrots

**¼ cup** raisins or chopped walnuts (optional)

## **Process**

**1**

**Preheat oven to 350 with rack in the middle position. Line a 12 cup muffin tin with cupcake liners or mist with baking spray.**

**2**

**Add the flour, baking powder, baking soda, cinnamon, nutmeg, and salt to a large bowl and whisk to combine.**

**3**

**Add the egg, milk, and Not Just Caramel to a medium bowl and whisk to combine. Stir in the pineapple, mashed banana, and carrots.**

**4**

**Pour the wet ingredients into the dry ingredients and mix with a rubber spatula until a cohesive batter is formed. Stir in the optional raisins or walnuts. Divide evenly among the 12 muffin cups and bake for 25-30 minutes until a toothpick or fork comes out clean.**

**5**

**Let cool on a wire rack for 15 minutes, transfer to a serving platter, drizzle with more Not Just Caramel, and enjoy!**