Gluten Free Carrot Cake Cupcakes

Ingredients

1/2 c Coconut Flour (45 grams)
1/2 t Baking Soda
1/2 t Baking Powder
1 t Cinnamon
1/8 t Nutmeg
1/4 t Salt
3 Eggs
2 T Coconut Oil (melted)
1 t Vanilla Extract
3/4 c Brown Sugar (packed)
1 1/4 c Carrots (grated)
2 oz Cream Cheese
2 T Unsalted Butter (softened)
1/2 c Powdered Sugar

Instructions

1. Line a muffin tin with 6 muffin liners. Set aside. In a medium mixing bowl, whisk together the sifted coconut flour, baking soda, baking powder, cinnamon, nutmeg and salt until well combined. Set aside.
2. In a bowl for an electric mixer with paddle attachment, beat together the eggs, coconut oil, 1/2 teaspoon vanilla extract and brown coconut sugar until light and fluffy.
3. Add the coconut flour mixture, mixing well to ensure there are no lumps. Fold in the grated carrots with a spatula until all the carrots are mixed in and coated in the batter. Preheat your oven to 350 degrees.
4. Pour the batter into the prepared muffin tin and let stand 10 minutes before baking. Bake for 20-22

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minutes or until the top is golden and a toothpick
inserted in the center comes out clean.
5.Meanwhile, in a bowl for the electric mixer with
a paddle attachment, beat together the softened
cream cheese and butter until light and fluffy
(about 5 mins.) Beat in 1/2 teaspoon vanilla until
well combined.
6.Turn the mixer down to low and gradually beat in
the powdered sugar. Turn the speed back up and
beat for an additional 2-3 minutes, until light
and fluffy. Set aside.
7.Let cupcakes cool completely before frosting.
Spread icing on each cupcake and enjoy.