

# Carrot Cake Cupcakes

## Ingredients:

For the cupcakes:

- 15g cinnamon whey protein
- 5g pea protein
- 20g oat/buckwheat flour
- 3g coconut flour
- 8g peanut flour
- 45ml egg white
- 35g grated carrot
- 35ml milk/water
- 1/4 tsp cinnamon (optional)
- 1-2 tsp vanilla stevia drops/sweetener of choice, to taste
- 1 tsp baking powder

For the Cream cheese:

- 30g 3% cream cheese
- 30g Greek yoghurt
- 1 tsp vanilla casein (optional)
- Stevia to taste
- OR, simply use cream cheese mixed with stevia for an easier option!



These little morsels of yumminess only take 30 minutes to make and pack a hefty 7.5g of protein per cake! Go on... treat yourself happy :)

## Cooking method

- 1 Preheat oven to 180C. Mix all ingredients up, roughly blend, and divide between 5 cupcakes cases.
- 2 Bake for 20-25 minutes, or until done.
- 3 Allow to cool, mix up the cream cheese mixture and spread on top, and dust with cinnamon.

**Serves: 5**

**57**  
CALORIES

**7.5g**  
PROTEIN

**5g**  
CARBS

**2g**  
FATS