



CARROT CAKE MUFFINS

Recipe Makeover – eliminating white flour and white sugar

Yield: 12 muffins

INGREDIENTS

- 1 ½ cup gluten-free or spelt flour or Marci’s Keto/Bake Mix
(If using the Keto/Bake Mix, you may want to increase the flour by ¼- ½ cup to make a thicker batter.)
- 1 cup coconut sugar
- ½ teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup coconut oil
- 1 ½ tablespoons maple syrup
- 2 large eggs, room temperature
- 2 teaspoons vanilla extract
- 2 cups finely grated carrots or chop into small pieces in a food processor

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a muffin tin with muffin liners or grease well with coconut oil.
2. In a medium bowl, whisk together flour, sugar, cinnamon, baking soda, and baking powder.
3. In a large bowl, combine oil, maple syrup, eggs, carrots and vanilla and mix well.
4. Stir dry ingredients into wet ingredients until completely incorporated.
5. Fill muffin liners 2/3 full.
6. Bake in preheated oven for 20-25 minutes or until a toothpick inserted in the centre of the muffin comes out clean. Cool for 5 minutes before transferring to a cooling rack to continue cooling.

Nutrition Facts	
12 servings per recipe	
Serving size 1 muffin(457g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 11g	15%
Saturated Fat 8g	40%
Trans Fats 0g	
Cholesterol 35mg	10%
Sodium 80mg	4%
Total Carbohydrate 33g	10%
Dietary Fiber less than 1g	4%
Sugars 19g	
Includes 0g added sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	4%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

COOKS’ TIPS & VARIATIONS

1. The initial goal of changing the ingredients you bake with is to eliminate white flour and white sugar, which are devoid of nutrients, cause blood sugar imbalance, and promote inflammation, and replace them with healthier versions that contain less sugar and more nutrients. Once you have adjusted to this change, then you can slowly start making other changes such as reducing the total amount of sugar and increasing the fibre. Below is the reasoning behind the substitutions:

ORIGINAL INGREDIENT	SUBSTITUTION	REASON WHY
1 ½ cups flour	1 ½ cup spelt flour or gluten-free flour or	Spelt flour can be substituted 1:1 for wheat flour. Light spelt flour is comparable to white enriched

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ORIGINAL INGREDIENT	SUBSTITUTION	REASON WHY
	Marci's Keto/Bake Mix	flour and works better for pastries and baking. Whole spelt flour is comparable to whole wheat flour and is better for muffins and bread. If you require gluten-free, the brand I prefer to use is Cup for Cup rice flour because it does not contain any starch (starch is quickly broken down into sugar). When I made these muffins, I used ½ cup oat flour and 1 cup Bob's Red Mill Gluten-free All-Purpose Baking Flour (a bean flour).
1 cup sugar	1 cup coconut sugar	Coconut sugar substitutes 1:1 for white or brown sugar, so it is an easy substitute. It contains a little less sugar – 1 teaspoon contains 4g vs white sugar which contains 5g, plus it contains potassium, calcium and iron so your body is receiving some nutrition vs nothing at all. The more nutrients a food contains, the easier it is to digest.
½ cup vegetable oil	½ cup coconut oil	Most vegetable oils are rancid and promote inflammation. Although coconut oil is a saturated fat, it does not contain cholesterol, it is easier to digest and helps to decrease inflammation.
⅓ cup brown sugar	1 ½ tablespoons maple syrup	I used a little maple syrup, a natural sweetener to replace the brown sugar, a refined sugar.
End Result:		
10g Fat 1g Saturated Fat 35 mg Cholesterol 37g Carbohydrates 1g Fibre 24 Sugar 3g Protein 180 mg Sodium	11g Fat 8g Saturated Fat 35 mg Cholesterol 33g Carbohydrates 1g Fibre 19g Sugar 3g Protein 80 mg Sodium	Fat increased by 1g Saturated fat increased by 7 g (from coconut oil) Cholesterol – no change Carbohydrates decreased by 5g Fibre – no change Sugar decreased by 5g Protein – no change Sodium decreased by 100mg
Simply by changing the flour and the type of sugar used, the total sugar was reduced by 5g. By changing the flour, sugar and oil, the inflammatory ingredients were eliminated.		



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ORIGINAL RECIPE

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|--------------------------|------------------------------|
| 1 ½ cups flour | ½ cup vegetable oil |
| 1 cup sugar | ⅓ cup brown sugar |
| ½ teaspoon cinnamon | 2 large eggs |
| ½ teaspoon baking soda | 2 teaspoons vanilla |
| ½ teaspoon baking powder | 2 cups finely grated carrots |

Reference:

- <https://www.lecremedelacrumb.com/carrot-cake-muffins/>

Nutrition Facts		Amount/serving	% Daily Value *	*Amount/serving	% Daily Value *
12 servings per recipe		Total Fat 0g	15%	Total Carb 37g	15%
Serving size 1 muffin (76g)		Sat. Fat 1g	4%	Fiber less than 1g	4%
Calories per serving 250		Trans fats 0g		Sugars 24g	
		Cholesterol 35mg	10%	Includes 0g added sugars	0%
		Sodium 180mg	8%	Protein 3g	
<small>Vitamin D 0mcg 0% · Calcium 30mg 2% · Iron 1mg 6% · Potassium 120mg 2% Thiamin 10% · Riboflavin 10% · Niacin 8%</small>					

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