

## 5C cupcake/muffin

### Ingredients

- **3 large** eggs.
- **½ cup macadamia oil (or olive oil)**
- **½ cup** coconut oil, melted.
- **½ teaspoon** vanilla extract.
- **¾ cup** coconut milk
- **2 tblsp** of Natvia
- **¾ cup** Coconut flour,
- **½ cup Almond meal**
- **½ teaspoon** baking powder.
- **½ teasp** ground cinnamon
- **1 ½ - 2cups** of grated carrot ( I used the really fine pulp of carrots from my juicer)



### For the Icing

- **80 gm** Philly cream cheese
- **3 tblsp** of Natvia icing sugar
- **Juice** of half a lemon
- **Lemon** zest

**Preheat oven to 170 or 160 for fan forced, line cupcake tin with cupcake papers**

**In a bowl whisk eggs with vanilla, Natvia, milk and oil, sift in the dry ingredients, leaving the carrot till last, fold in the carrot, divide into 12 cases (these won't rise much at all) put in oven for 18-20 minutes (depending on your oven, mine always cook quicker than the recommended time but you will know when they are done by the smell or put a skewer in to test.**

### Icing

**Cream the cream cheese, natvia and lemon juice to a nice spreading consistency you can sprinkle with crushed walnuts if you wish**