

# Good-for-You Carrot Cake Muffins



It doesn't get any better than this! Now you really can get in a serving of vegetables — eating Carrot Cake Muffins. The best part is you can eat them for breakfast without wrecking your weight loss.

## NUTRITIONAL INFO

Calories: 105

Fat: 4.8 grams

Carbs: 7.5 grams

Fiber: 2.2 grams

Protein: 8.3 metabolic boosting grams

Servings: 4 per recipe

### Ingredients:

- (1 cup) Grated carrots (2 large carrots, grated by hand)
- (3) Egg whites
- (½ cup + 1 tbsp.) Walnuts (1 tbsp. for frosting)
- (¼ cup) LynFit Vanilla Complete Protein
- (1 tsp.) Cinnamon

### Ingredients for Frosting (Optional):

- (2 scoops) LynFit Vanilla Complete Protein
- (1 cup) Lemon yogurt – low-sugar, low-calorie
- (5 tbsp.) Pre-made LynFit Protein Shake for liquid and flavor
- Sprinkling of lemon juice for more flavor if needed

### Directions for Frosting:

- In a bowl, stir together protein powder and yogurt.
- Stir in 1 tbsp. of pre-made shake at a time until you get a frosting-like mixture. It should be creamy, not overly runny. Add more protein powder to make a thicker frosting, or more yogurt for creamier.

**Tip:** Put the frosting in a Ziploc® bag, cut off the corner, and squeeze the frosting onto the cupcake.

### Directions:

- Preheat oven to 400° F
- Blend walnuts (save the extra tbsp. for frosting), whey, and cinnamon in a food processor
- Add grated carrots and egg whites, process until thoroughly blended
- Pour batter into silicon muffin mold or use cupcake liners
- Bake for 15–20 minutes