 

**CARROT “CAKE” POTATO PERFORMANCE MUFFINS**

****

**Description:** A delicious spiced muffin using baked potato, cooked carrots, spices and nuts for a performance-oriented twist on classic carrot cake flavors.

**Recipe by:** Potatoes USA

**Website Link:** https://www.potatogoodness.com/recipes/carrot-cake-potato-performance-muffins/

**Prep Time:** 10 mins

**Cook Time:** 25 min

**Ready Time:** 35min

**Potato Type:** Russet potatoes

**Serves:** 9 muffins

**Prep Method:** Baked

**Course:** Appetizer, snack

**Ingredients**

* 1 cup baked potato, cooled (russet potato with skin)
* 1/2 cup sliced cooked carrots (about 2 medium carrots)
* 1 banana, peeled
* 3 eggs
* ¼ cup coconut flour
* ¼ cup coconut sugar
* 2 Tablespoons coconut oil, melted
* 1 teaspoon baking powder
* ½ teaspoon baking soda
* 1 teaspoon vanilla extract
* 1 teaspoon cinnamon
* ½ teaspoon nutmeg
* ¼ teaspoon cloves
* Pinch of sea salt
* Optional: ½ cup chopped walnuts or pecans
* Optional: ½ cup golden raisins

**Preparation**

1. Preheat oven to 350°F.
2. Put potato, carrots, banana and eggs into a blender or food processor. Blend until smooth.
3. Pour into a bowl, and mix in remaining ingredients until just combined.
4. Fold in nuts and raisins, if desired.
5. Line a 12-cup muffin tin with paper liners and evenly pour batter into 9 of the cups.
6. Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Let the muffins cool completely before eating. Extra muffins can be stored in fridge for up to 5 days or in freezer for up to 3 months. Thaw frozen muffins in fridge for a few hours before eating.

**Nutritionals**

Calories

125

Fat

5g

Vitamin C

5.2mg

Carbohydrates

17g

Fiber

2.4g

Protein

3g

Potassium

236mg