

Carrot Cheesecake Muffins

Carrot cake stuffed with cheesecake? Yes, please!

Muffin Ingredients

- 2/3 cup coconut oil (melted)
- 3/4 cup xes sweetener (or THM gentle sweet)
- 1 tsp molasses
- 1 tsp orange extract
- 2 eggs
- 1 1/2 cups baking blend
- 1/2 cup oat fiber
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp mineral salt
- 1/2 cup nut milk (or kefir)
- 1 1/2 tsp lemon juice or white vinegar ((if using nut milk))
- 1 cup finely shredded carrots

Cheesecake Ingredients

- 8 oz cream cheese
- 4 tbsp xes sweetener (or THM gentle sweet)
- 1 tsp vanilla extract

- 1 tbsp baking blend

Extra

- 1/2 cup chopped pecans (for topping)

To make muffins

1. Preheat oven to 400 degrees. Spray 12 muffin cups with non-stick spray.
2. Beat oil, sweetener, molasses, and extract till combined. Add eggs and mix again.
3. If using nut milk, place the milk into a cup and add the lemon juice or vinegar, and set aside.
4. In a separate bowl combine all dry ingredients. Stir half of the dry ingredients into the egg mixture.
5. Add nut milk or kefir and mix again.
6. Add the last of the dry ingredients and mix again.
7. Stir in shredded carrots.
8. Divide the batter between the 12 muffin cups, making a well in the center of each, and set aside.

To make the cheesecake filling

1. Mix together all cheesecake ingredients until well blended and smooth.
2. Place the mixture into a zip-top bag or piping bag. Snip off the corner of the bag and squeeze the cheesecake mixture down into the middle of each muffin. (It will stick out the top a bit.) Do NOT use the type of decorator that I have shown here. The mixture is too thick.
3. I ended up just spooning the filling into the center because it was too hard.

4. Sprinkle the chopped pecan onto the top of each muffin.
5. Bake for 16 minutes. Allow to cool in the pan for 3 minutes before transferring to a cooling rack to cool completely.