

# Morning Glory Muffins

## **Ingredients:**

2 cup grated carrots  
1/2 cup diced, peeled apple  
1/2 cup raisins  
1/2 cup chopped walnuts or pecans  
1/2 cup flaked coconut  
1 1/4 cup brown sugar  
1/2 cup coconut or vegetable oil (not olive oil)  
3 eggs  
2 tsp. vanilla  
1 1/2 cup all-purpose GF flour (or any combo of flours, I like sorghum, buckwheat and brown rice flour)  
2 tsp. baking powder  
1 tsp. cinnamon or pumpkin spice mix  
1/2 tsp. salt

## **Method:**

Preheat oven to 350°F. Combine carrots, apple, raisins, nuts and cinnamon; set aside. In a large bowl, beat together sugar, butter, eggs and vanilla; set aside. In another bowl combine flour, baking powder, cinnamon and salt. Add the carrot mixture and mix well. Add the sugar mixture and combine just until flour is moistened. Spoon batter into 12 greased muffin cups and bake for 25 to 30 minutes in a preheated 350°F oven or until they test done (a toothpick poked into them comes out clean of batter). Enjoy!

The muffins freeze well. Makes 12 muffins.

\* For an added boost, especially if using these for breakfast, substitute 2 Tbsp of flour for two scoops of protein powder.