

Morning Glory Muffins

Ingredients:

½ cup coconut flour (or 2.5 cups nut flour)
6 eggs
½ cup coconut oil
2 tsp baking soda
1 tsp sea salt
1 Tbsp vanilla
½ tsp almond extract
2 tsp cinnamon
¼ tsp allspice
1/2 tsp ginger
1 ½ cups carrots, shredded
1 apple, finely diced
½ cup raisins
1 cup unsweetened, shredded coconut
½ cup orange juice
¼ cup raw pumpkin seeds
½ cup walnuts, chopped.

Directions:

1. Preheat oven to 350 F and line a muffin tin with papers or grease appropriately.
2. Shred your carrots and dice apples finely
3. In a large bowl mix together the oil, eggs, vanilla, almond extract and orange juice
4. In a small bowl, mix the coconut flour, baking soda, salt, spices and the any other dry ingredients
5. Gradually add the dry ingredients to the wet, making sure to stir.
6. Once the dry and wet ingredients are combined, mix in the apple, carrot, raisin and walnuts.
7. Fill muffin tins ¾ of the way fill with batter
8. Garnish muffin top with raw pumpkin seeds or shredding coconut (unsweetened)
9. Bake for 25 to 30 minutes
10. Enjoy