

Morning Glory Muffins
(from Paleo Comfort Foods)

submitted by Annie Prevost

I usually double this recipe and get 30 muffins. They freeze well.

2 ½ cups almond flour
1 Tbs. cinnamon
2 tsp baking soda
½ tsp salt
2 cups carrots, grated
1 large apple, peeled, cored and grated
1 cup shredded coconut
1 cup raisins (I like to plump these first by pouring boiling water over them)
3 large eggs
2 Tbs. honey (optional, I use one)
½ cup coconut or avocado oil
1 tsp vanilla extract

- Grease a standard-sized 12-cup muffin pan. (I find it makes 16 muffins. They are dense, so do not need to be large.)
- Combine almond flour, cinnamon, baking soda, and salt in large bowl. Add carrot, apple, coconut and raisins and combine well.
- In separate bowl, whisk eggs, honey, oil and vanilla together.
- Pour this mixture over dry ingredients and mix well. Batter is very thick.
- Spoon into muffin pan filling cups a little past their top edge. Bake on middle or upper rack in a preheated oven at 350 degrees for 40 to 50 minutes.
- They are done when a toothpick inserted in the top of a muffin comes out clean.
- Cool in pan a few minutes, and then remove to a rack to finish cooling.

Variations – add a teaspoon of orange zest, or use chopped dates instead of raisins. You can bake it as loaf, but I found it is hard to slice.

Tip – The smaller you can grate the carrot/apple the better.