

Rainbow Muffin Recipe

Pre-heat oven to 350 degrees.

Ingredients

1.5 cup almond flour
3 eggs OR egg substitute (see below)
1/2 cup coconut oil (optional)
1 cup raspberries or chopped apple
1 cup cooked sweet potato - mashed
1 cup shredded carrots
1-2 over ripe bananas- mashed
1 cup shredded zucchini
1 cup thawed frozen blueberries

1/2 - 1 cup walnut pieces
1 teaspoon baking powder (check ingredients to be sure it is aluminum-free)
1 teaspoon vanilla extract
1 tablespoon cinnamon

Preparation:

Mix almond flour, raspberries/apples, sweet potatoes, carrots, bananas, zucchini, blueberries, and walnuts, baking powder, vanilla and cinnamon in large mixing bowl.

Stir in eggs (or substitute) and lightly heated coconut oil.

Pour into muffin tin and bake for approximately 18 minutes or until lightly golden around edges.

Egg Substitute:

1 Egg = 1 tablespoon ground flaxseed + 3 tablespoons warm water
Mix and set aside for 3-5 minute before adding to batter.

Makes approx 12 muffins

