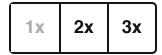
Paleo Morning Glory Muffins

() Prep: 15 mins. Cook: 18-20 mins. Total: 33-35 mins.

Servings: 8 muffins



INGREDIENTS

- ¼ cup raisins
- 1 cup King Arthur Paleo Baking Flour* (105 grams)
- ¼ cup coconut sugar
- ¾ tsp. baking soda
- 1½ tsp. cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. salt
- ½ cup grated carrots
- 3/3 cup grated apple (about 1 medium apple)
- ¼ cup unsweetened shredded coconut
- ¼ cup chopped pecans
- 2 large eggs
- ¼ cup coconut oil, melted
- 1 tsp. vanilla extract

INSTRUCTIONS

- 1. Preheat the oven to 375°F. Lightly grease eight cups of a muffin pan, or line them with papers and spray the insides of the papers.
- 2. Place the raisins in a small bowl and cover them with hot water. Set them aside to soak while you assemble the rest of the batter.
- 3. In a large bowl, whisk together the flour, sugar, baking soda, spices, and salt.
- 4. Stir in the shredded carrots, apples, coconut, and nuts.
- 5. Mix in the eggs, oil, and vanilla.
- 6. Drain the raisins thoroughly and stir them in.
- 7. Divide the batter equally among 8 wells of the prepared pan, filling them almost full. Sprinkle with nuts, if desired.
- 8. Bake the muffins for 18-20 minutes, until they're slightly domed (they won't rise much) and centers are slightly firm or a toothpick inserted in the center comes out clean.
- 9. Remove the muffins from the oven and let them cool for 5 minutes in the pan on a rack before transferring a wire rack to cool completely.
- 10. Store muffins in a covered container at room temperature for up to two days or freeze for longer storage.

NOTES

*May substitute ½ cup almond flour + 2 Tbsp. cassava flour + 2 Tbsp. coconut flour for grain-free baking flour.

NUTRITION INFORMATION

Serving Size: 1 muffin Calories: 178 Fat: 12g Sodium: 213mg Carbohydrate: 13g

(Fiber: 1g Sugar: 9g) Protein: 3g

DIETARY

Dairy-Free Gluten-free Grain-Free Paleo Vegetarian

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