

# Paleo Morning Glory Muffins

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

👤 Servings: 8 muffins

1x	2x	3x
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## INGREDIENTS

- ¼ cup raisins
- 1 cup King Arthur Paleo Baking Flour\* (105 grams)
- ¼ cup coconut sugar
- ¾ tsp. baking soda
- 1 ½ tsp. cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. salt
- ½ cup grated carrots
- ⅔ 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

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## 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.

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## NOTES

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

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## NUTRITION INFORMATION

**Serving Size:** 1 muffin **Calories:** 178 **Fat:** 12g **Sodium:** 213mg **Carbohydrate:** 13g  
(**Fiber:** 1g **Sugar:** 9g) **Protein:** 3g

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## DIETARY

**Dairy-Free Gluten-free Grain-Free Paleo Vegetarian**

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