

Paleo Morning Glory Muffins

From Paleo Comfort Foods by Julie & Charles Mayfield

2 ½ c. almond flour
1 T. cinnamon
2 t. baking soda
½ t. salt
2 c. grated carrots
1 lg. apple, peeled, cored and grated
1 c. shredded unsweetened coconut
1 c. raisins
3 lg. eggs
½ c. coconut or avocado oil
1 t. vanilla extract

1. Preheat oven to 350 degrees F. and grease a standard-sized muffin pan (12 cups)
2. Combine almond flour, cinnamon, baking soda, and salt in large bowl. Add carrot, apple, coconut and raisins and combine well.
3. In separate bowl, whisk eggs, honey, oil and vanilla extract together.
4. Pour this mixture over your dry ingredients and mix well. This batter will be very thick.
5. Spoon out into muffin pan and place on middle or upper rack of your oven for 40-50 minutes for large muffins, 20-30 minutes for smaller muffins.
6. When a toothpick inserted in the top of a muffin comes out clean, they are done.
7. Cool muffins in pan for 8-10 minutes and then remove to a rack to finish cooling.

Variations: Add in a t. of orange zest for some extra zing. You can also replace raisins with a cup of chopped dates. This batter can also be used to make a morning glory loaf. This will make one really large loaf or two smaller loaves. Just increase your baking time to approximately 45-60 minutes.

Tips and Tricks: the smaller you can grate the carrot/apple the better. These muffins tend to end up a bit moister if you allow the batter to sit for 30-60 minutes before spooning into the muffin pan.