

Recipe

Morning Glory Muffins!



These easy and tasty muffins are a glorious way to start any day. They combine the great taste and chewy texture of carrots with the wonderful flavors of coconut, walnuts, and cinnamon.

Prep Time: 15 minutes | Cook Time: 10-15 minutes | Serves: 6

What you will need:

- 1 hand beater (optional)
- 1 muffin tin

Ingredients:

- 3/4 cup almond flour
- 2 tablespoons coconut flour
- 1 teaspoon cinnamon
- 1 teaspoon coriander powder
- 1/2 teaspoon nutmeg
- 1/4 teaspoon of sea salt
- 1/4 teaspoon of baking soda
- 2 omega-3 eggs
- 2 tablespoons grape seed oil (or coconut oil, melted)
- 1 teaspoon real vanilla extract
- 1/2 teaspoon lemon juice
- 1/3 cup carrot, grated
- 1/3 cup zucchini, grated
- 1/4 cup walnuts, chopped
- 1/4 cup shredded unsweetened coconut

Instructions:

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a medium-sized mixing bowl and set aside.
3. In a food processor or bowl, beat eggs and stream in oil, vanilla, and lemon juice. Then, stir in carrots and zucchini.
4. Add dry ingredients to the wet mixture and stir to combine.
5. Place batter into prepared muffin tin, leaving room at top. Sprinkle with coconut.
6. Bake for about 10-15 minutes or until the muffins are lightly browned on top and spring back when touched.
7. Let muffin tins cool on a wire rack for 10 minutes before removing.
8. Store unconsumed muffins in a glass container or covered plate in the refrigerator for up to 5 days. Reheat before consuming in order to add back moisture.

Serving suggestion: Serve with a couple omega-3 eggs and spread a little nut butter in the center of a sliced muffin (cashew, almond, or sunflower seed butter).

Nutritional analysis per serving (1 muffin): calories 212, fat 17g, saturated fat 2g, cholesterol 55mg, fiber 4g, protein 4g, carbohydrate 6g, sodium 151mg

