

Healthy Carrot Muffins

Makes 12-14 standard sized muffins



Ingredients

- 2 large eggs
- ¼ cup coconut oil, melted
- ½ cup unsweetened apple sauce
- ½ cup maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 teaspoons baking powder
- ¾ teaspoon baking soda
- ½ teaspoon Kosher salt
- 1 ½ cup grated carrots, packed
- 1 cup rolled oats
- 1 cup whole wheat flour
- ½ cup raisins
- ½ cup pecan or walnuts, chopped

Steps

- 1. Preheat oven to 325°F. Line a standard muffin pan/tin with paper liners (or spray well with non-stick spray).
 - 2. In a large bowl whisk the eggs well. Add the coconut oil, apple sauce, maple syrup, cinnamon, nutmeg, baking powder, baking soda and salt. Whisk to combine.
 - 3. Stir in the carrots. Add the oats and wheat flour and stir until just combined being careful not to overmix. Fold in the raisins and chopped pecans.
 - 5. Fill the muffin cups, if using or the muffin pan. You may need to use two pans.
 - 6. Bake for 25 to 35 minutes or until the center is no longer wet (but has dry crumbs instead) when a toothpick is inserted. Let cool before removing from pan to a wire rack. These are best eaten the day of but will keep for a few days stored in an airtight container.
- You can also freeze them in an airtight container for up to 3 months.