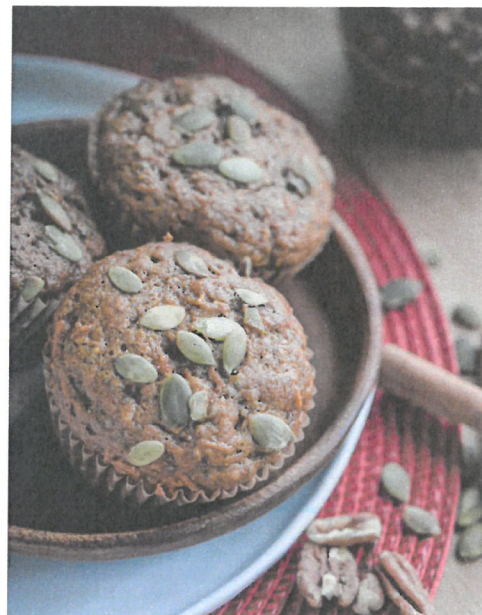


# Carrot Muffins

## Ingredients:

- 1 cup whole wheat flour
- ½ cup coconut flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 eggs
- ¼ cup coconut oil, melted
- ¼ cup applesauce, unsweetened
- 1 teaspoon vanilla
- 1 cup grated carrot
- 1 cup crushed pineapple with pineapple juice
- ¼ cup raisins
- 1/2 cup pumpkin seeds
- 1 tablespoon sugar or erythritol



## Directions:

Preheat oven to 400 degrees F. Combine flours, baking powder, baking soda, salt, and cinnamon together in large bowl. Mix eggs, coconut oil, applesauce, vanilla, grated carrot, crushed pineapple and juice, raisins and ¼ cup of pumpkin seeds. Stir egg mixture into flour mixture until blended. Let mixture sit for ten minutes. Prepare muffin baking tin by greasing muffin cups with coconut oil or using muffin cup liners. Fill muffin cups ¾ of the way full. Sprinkle the top of each muffin with a bit of sugar or erythritol and a few pumpkin seeds. Bake at 400 degrees F for 20 minutes or until inserted knife comes out clean. Let muffins sit for 5 minutes before removing them from the baking tin. Makes one dozen muffins.



Carrots support the immune system, bone development and growth, vision, energy and the liver.

Carrots are a good source of:

- Vitamin A – vision, growth, bone development
- Vitamin K – immune support, bone growth
- B Vitamins – energy and liver support for detoxification