



Walnut Carrot Muffins

SERVINGS: 12 MUFFINS

PREPPING TIME: 10 MINS

COOKING TIME: 20 MINS

INGREDIENTS

Dry Ingredients:

3 cups gluten-free flour
1.25 cups coconut sugar
3 tsp. baking powder
1/2 tsp. baking soda
3 tsp. ground cinnamon
1 tsp. ground nutmeg
1/2 tsp. ground ginger
1/4 tsp. salt

Wet Ingredients:

2.5 cups coarsely grated carrots (3-4 medium carrots)
1 cup soy milk
1/2 cup coconut oil
1/2 cup walnuts or pecans
1 tbsp. apple cider vinegar
1 tsp. vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F. Line 12 cup muffin pan with liners or baking paper.
2. Add all the dry ingredients to a large bowl and mix until well combined and evenly distributed.
3. Then add in the wet ingredients, including the walnuts, and mix until just combined.
4. Use a spoon to divide the batter into your muffin pan. The muffin batter should be close to the top.
5. Bake the muffins for 20-25 minutes or until you can insert a toothpick into one and it comes out clean. These muffins are very moist, so there might be a few crumbs on your toothpick.
6. Allow the muffins to cool in the muffin pan for 15 minutes and then place them on a cooling rack.

NUTRITION

Serving size: 1 muffins

(per serving) 296.1 calories, 13.5g fat, 8.1g saturated fat, 0mg cholesterol, 262.3mg sodium, 41.2g carbohydrate, 2.3g fiber, 14.7g sugar, 3.1g protein