

Sarah's Healing Touch

Carrot Coconut Muffins



Ingredients

- 1-1/4 C. Organic Whole Wheat Flour
- 1 t. Baking soda
- 1/4 t. Real salt
- 1/2 t. pumpkin pie spice
- 1 t. cinnamon
- 1/4 C. Coconut oil, melted
- 1/2 C. Sucanat
- 2 Large eggs
- 1/2 C. Unsweetened applesauce
- 1/2 t. Vanilla extract
- 1-3/4 C. Shredded carrots (about 2 medium ones)
- 1/3 C. Raisins
- 1/4 C. Chopped pecans (or walnuts)
- 1/2 C. unsweetened shredded coconut

Instructions

Preheat oven to 350 degrees F. Line a muffin tin with 12 muffin liners.
Sift together the first 6 ingredients.

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In a large bowl, whisk the oil, brown sugar, and eggs until well combined.
Whisk in the applesauce, vanilla, and carrots.

Add the dry ingredients and mix until combined.

Stir in raisins, pecans and coconut.

Divide the batter between the muffin cups.

Bake until a toothpick comes out clean, about 20-25 minutes.

Transfer to wire rack to cool completely.

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