

Sarah's Healing Touch

Morning Glory Muffins

Ingredients:

- 1 cup Sucanat
- 1 1/4 cups oat flour
- 1 cup quinoa flour
- 1 tablespoon ground cinnamon
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup un-sweetened coconut flakes
- 3/4 cup raisins (I like to mix blond and regular)
- 1 cup of applesauce
- 2 cups grated carrots (or grated sweet potato)
- 1/4 cup chopped pumpkin seeds
- 1/4 cup almond slivers
- 3 large eggs (if you have an egg or dairy allergy you can increase the applesauce and oil as a substitute)
- 1 cup coconut oil
- 1 teaspoon pure vanilla extract
- 1/4 cup of grated ginger root or one spoonful of ginger powder

Directions:

Position a rack in the lower third of the oven and preheat to 350 degrees F.

In a separate bowl, whisk the eggs with the oil and vanilla.

Whisk together the all other ingredients into a large bowl and stir to combine. Pour the eggs and vanilla into the bowl with the dry ingredients and blend well.

Spoon the batter into muffin tins lined with muffin cups, filling each to the brim. Depending on your altitude bake for 30-40 minutes or until a toothpick inserted into the middle comes out clean. Cool muffins in the pan for 10 minutes, then turn out onto a rack to finish cooling. Or pour batter into two bread loaf pans, depending on your altitude bake 40-60 minutes.

This should make two loafs.

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