



Carrot Muffins



Gluten-free, Sugar-free, Dairy-free

Makes 10 muffins.

This is one of my first original recipes when I transitioned to sugar and gluten-free. After many tries and trials, I believe the result of these moist, naturally sweet muffins from the dates and carrots is fantastic.

For an additional indulgence, feel free to "smear" with a mix of local raw honey and grass-fed butter.

- ♥ 4 carrots (peeled)
- ♥ 10 Medjool dates (pitted)
- ♥ 2 tbsp. apple sauce (unsweetened)
- ♥ 1 ¼ cup coconut cream or coconut milk
- ♥ 1 tsp. vanilla extract or half of a fresh vanilla bean
- ♥ ¼ cup shredded coconut
- ♥ 3 tbsp. coconut oil
- ♥ 4 eggs
- ♥ ½ cup coconut flour
- ♥ 2 tsp. cinnamon
- ♥ ¾ tsp. baking soda
- ♥ ½ cup raisins (optional)

1. Preheat oven to 400 degrees.
2. In a food processor blend the carrots, dates, apple sauce, coconut cream, vanilla extract, shredded coconut, and coconut oil. The mixture should be well blended; some chunks are ok.
3. Move to bowl and add the coconut flour, eggs, cinnamon, and baking soda. Add raisins if desired.
4. Mix well.
5. Load up the batter into muffin silicone mold - use a 2-spoons method - one to gather the batter and one to scrape it off into the mold. Place all molds on a baking tray.
6. Bake for 25-30 min until golden, and toothpick is tested dry.

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