

Rosie's "All-Things-Autumn" Muffins

* Yields 12 muffins * 10 min prep time * 30 min bake

Ingredients

- * 2 1/2 cups almond flour
- * 1 tablespoon cinnamon
- * 2 teaspoons baking soda
- * 1/2 teaspoon salt
- * 1 cup shredded coconut
- * 2 cups raisins
- * 2 cups grated carrots
- * 1 large apple (peeled, cored and grated)
- * 3 large eggs
- * 2 tablespoons honey
- * 1/2 cup coconut oil
- * 1 teaspoon vanilla extract



Directions

- * Preheat oven to 350 degrees and grease muffin pan
- * Combine almond flour, baking soda, cinnamon, and salt in a large bowl. Add carrot, apple, coconut, raisins and mix.
- * In a separate bowl, whisk eggs, honey, oil and vanilla.
- * Pour liquid mixture over dry ingredients. Mix well (it will be very thick)
- * Spoon the mixture into your muffin pan, place onto the middle oven rack and bake for 40-50 minutes (larger muffins) or 20-30 minutes (smaller muffins).
- * Test with toothpick
- * Cool muffins in pan for 10 minutes, then remove to finish cooling.
- * Enjoy your delicious all-things-autumn muffins!