

Grain Free Carrot Cake Muffins

What you will need:

- 1 ½ cup blanched almond flour, gently packed
- ¼ cup garvava glour
- 2 tsp ground cinnamon
- ¾ tsp baking soda
- ½ tsp ground nutmeg
- ¼ tsp ground ginger
- ¼ tsp sea salt
- 4 eggs at room temperature
- ¾ cup apple sauce at room temperature
- 1/3 cup runny honey
- ¼ cup coconut oil melted or Ghee
- 1 tsp vanilla extract
- 2 cups grated carrots
- Orange peel zest
- Raisins and walnuts

What to do:

- Preheat oven to 350 F
- In a large mixing bowl combine the almond meal, coconut flour, cinnamon, baking soda, nutmeg, ginger, and sea salt
- In a separate mixing bowl whisk together the eggs, apple sauce, honey, coconut oil or ghee, and vanilla.
- Carefully stir the wet ingredients into the dry and mix until just combined. Fold in the grated carrots and orange zest and the Raisins and walnuts
- Divide he dough into 15 paper lined muffin tins and then bake for 20 minutes or until a toothpick inserted in the middle comes out clean.
- Remove the muffins from the tins and place on a metal rack to cool.