

# Gluten-free & Dairy-free Morning Glory Muffins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 cup brown rice flour
- 1/2 cup oats (look for gf)
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp sea salt
- 2 organic eggs
- 1 cup unsweetened applesauce
- 1/4 cup maple syrup
- 2 tsp pure vanilla extract
- 1/2 cup melted coconut oil
- 2 cups carrots, shredded
- 1/2 cup unsweetened shredded coconut
- 1/2 cup organic raisins
- 1/3 cup raw pecans, chopped

## Instructions:

1. Preheat oven to 350 degrees.
2. Grease a muffin tin with coconut oil or line with paper muffin cups.
3. In a large bowl combine flour, oats, baking powder, cinnamon and sea salt.
4. In a separate bowl, combine eggs, applesauce, maple syrup and vanilla. Stir in coconut oil to the wet mixture.
5. Add the dry mixture to the wet and combine, but do not over mix. Fold in the carrots, coconut, raisins and pecans.
6. Scoop muffin mix into muffin tins. They do not rise a lot, so you can fill the batter up to the top.
7. Bake for 30-35 minutes.

## Notes:

Makes 12 muffins.