

# Goji Berry Morning Glory Muffins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 cup brown rice flour
- 1 cup almond flour
- 1 cup coconut sugar
- 2 tsp baking soda
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp salt
- 1/2 cup goji berries (soaked in warm water for 1 hour, or use raisins or cranberries)
- 2 cups shredded carrots
- 1 apple (peeled, cored, chopped)
- 1/2 cup shredded coconut
- 1/2 cup chopped almonds
- 1/3 cup sunflower seeds
- 3 eggs
- 2/3 cup coconut oil
- 1/4 cup cold-pressed orange juice (or organic blueberry pomegranate)
- 2 tsp vanilla extract

## Instructions:

1. Combine in a large bowl: flours, sugar, cinnamon, ginger, baking soda, salt and mix well
2. In a separate bowl combine: berries, carrots, apple, coconut, almonds and seeds, mix
3. Whisk the eggs together in a separate bowl with the oil, juice and vanilla extract
4. Add the egg mixture to the fruit and nut mixture, combine well
5. Fold into the flour mixture and mix until no dry flour is visible
6. Preheat your oven to 350F and grease muffin tins or use paper muffin cups. Bake for 20-25 minutes. Makes approximately 12 medium size muffins