

Morning Glory Muffin

Yield: 10 large muffins or 12 small

Cook time- approximately 24 minutes

If using a NON convection oven, you may have to adjust the time?

If using chia eggs, do that now! *recipe below

Preheat your oven to 350 F or 176 C and grease your muffin tins well (or just use paper liners)

In a bowl:

Whisk 2 eggs well

If using chia eggs, put in a bowl and add ¼ cup water or apple juice and whisk together

DO NOT add the ¼ cup of water/apple juice if you are using the 2 eggs

Add 1/3 cup fat of choice (olive, coconut, avocado etc) whisk together

Add to the wet:

1 cup / 100 grams FINELY grated carrot

¾ cup / 100 grams COURSE grated apple (I leave the skin on)

Combine the wet together and set aside.

Put the entire container of muffin mix in a separate bowl and add:

½ cup / 50 grams unsweetened coconut flakes

½ cup / 80 grams raisins

½ cup / 50 grams toasted pecans- chop chunky

Add the wet and dry ingredients together and stir until thoroughly combined.

Note: this mixture needs to be stirred for quite a while until all the moisture is absorbed into the dry ingredients. It will appear too dry at first, but just keep mixing, it will form a nice batter that is on the “thick” side!

Divide the batter among 10-12 prepared muffin cups

Bake 350 F or 176 C for 12 minutes, rotate and bake an additional 8-12 minutes- until toothpick inserted comes out clean and the tops are golden

Due to the moisture of these muffins, it is best to store them on the counter NOT covered or refrigerate or freeze immediately

Store: I keep mine on the counter for a couple of days, uncovered. If they are not consumed then I freeze them to ensure freshness

***2 Chia eggs:** 4 tbsp chia seeds and 10 tbsp water (1/2 cup water + 2 tbsp)- let stand 5-15 minutes

Be creative when preparing these muffins. You can add a different nut, seeds, or ??? for some extra crunch and flavour