

Banana Carrot Muffins

Serves 12

Skill Level: Moderate

Prep time: 10 mins.; Cook time: 20 mins.

Ingredients

- 1 1/2 cup Whole Wheat flour
- 1 tsp baking soda
- 2 tsp baking powder
- 1/4 tsp salt
- 2 tsp cinnamon
- 3/4 cup organic coconut sugar, unrefined or date sugar
- 2 ripe bananas mashed
- 1 cup shredded carrot
- 1/4 cup unsweetened apple sauce
- 1/2 cup unsweetened vanilla or plain almond milk
- 1 cup walnuts, pecans or mixture of both (if desired)

Instructions

1. Preheat oven to 350 degrees.
2. Combine dry ingredients in a medium mixing bowl (flour, baking soda, baking powder, salt, cinnamon). Whisk to combine. Add sugar. Stir to combine. Set aside.
3. In a food processor blend the mashed bananas. Add apple sauce, almond milk, and carrots, pulse until just combined.
4. Add wet ingredients to dry ingredients. Stir to combine. Don't over mix. At this time, you can add nuts if desired.
5. Line muffin tin with muffin cups. (if non-stick don't have to use cups) Scoop batter with spoon until cups are 3/4 full.
6. Place in oven and cook for 20 minutes. Insert toothpick to check that it comes out clean.
7. Allow muffins to sit in the muffin tin for 5 minutes. Then transfer to a cooling rack and allow to cool completely.

Muffins freeze really well!