

## MORNING GLORY MUFFINS from the **WELLNESS FEAST** Healthy Through the Holidays workshop

These are very forgiving. Feel free to experiment with flours, reduce sugar, add nuts, fruit, etc.

~ 2 c all-purpose flour (health it up by using whole wheat flour and subbing up to a half cup of almond flour) or gluten-free flour blend (**King Arthur gluten free flour** is great)

~ Scant ½ cup white sugar (reduce this to taste)

~ Scant ½ cup loosely packed brown sugar (reduce this to taste)

~ 4 teaspoons powdered egg replacer (**Ener-G** or **Namaste**)

**\*Note, if you prefer to use eggs, use 2 eggs, eliminate the egg replacer and reduce the oil by 4 tablespoons\***

~ 2 teaspoons baking soda

~ 2 teaspoons ground cinnamon

~ ¼ teaspoon salt

~ ¼ cup ground flaxseed meal

~ ¾ cup canned pumpkin

~ 1 cup oil: canola, olive oil or coconut oil (melted)

~ 2 cups shredded carrots

~ 1 apple, cored and shredded

~ ½ cup unsweetened flaked coconut (sweetened if you want more of a dessert, like carrot cake)

~ 2 teaspoons vanilla extract

Preheat oven to 350 degrees. Line muffin pan with paper liners and spray lightly.

Combine dry ingredients in the bowl of a stand mixer and mix on low until combined.

Add pumpkin, oil, shredded carrots and apple. Mix well. Add coconut and vanilla extract and mix until just blended. Measure by 1/3 cup into muffin pan and bake for 20 to 25

minutes until tops are golden brown and toothpick inserted into center comes out clean.

Makes about 12 muffins.