

Carrot Coconut Muffins (Gluten Free) *from Urban Sacred Garden*



These muffins are my latest foray into gluten free baking. The sweet and spicy combination of Carrot and Coconut with heavenly aromatic holiday baking spices will warm and brighten your palate. Note, you can substitute white whole wheat flour if you're not gluten free. Yield: 18 Muffins

INGREDIENTS

1 3/4 Cups Gluten Free All Purpose Flour (I use Cup 4 Cup or Pamela's)*
1 Tsp Baking Soda
1 Tsp Ground Cinnamon
1/2 Tsp Ground Ginger
1/4 Tsp Ground Nutmeg
1/2 Tsp Salt
1/2 Cup Grassfed Butter, room temperature

1/2 Cup Organic Coconut Palm Sugar**
1/2 Cup Brown Sugar (packed)
2 Pastured Eggs
1/2 Cup Unsweetened Apple Sauce
1 1/2 Cups Shredded Carrots
3/4 Cup Shredded Unsweetened Coconut Flakes
3/4 Cup Walnuts, coarsely chopped

*You can also substitute White Whole Wheat Flour if you eat Gluten.

**You can substitute other Organic Sugar if desired.

DIRECTIONS

1. Preheat oven to 350 degrees. Line a muffin tin with paper liners and set aside.
2. In a medium bowl combine Gluten Free Flour, Baking Soda, Cinnamon, Ginger, Nutmeg and Salt.
3. In a separate large bowl with an electric mixer beat together Butter, Coconut Palm Sugar and Brown Sugar until fluffy and consistent in texture. Add Eggs one at a time and beat on medium high speed until light and fluffy.
4. Add Applesauce and continue to mix. Gradually add dry ingredients. Beat on low until just combined.
5. With a wooden spoon stir in Carrots and Coconut.
6. Spray Muffin Cups with an Olive Oil or Coconut Oil cooking spray. Scoop 1/4 Cup of batter into each muffin cup. Sprinkle Walnuts onto tops of muffins (retaining enough for your next 1/2 dozen).
7. Place the muffins in a preheated oven and bake for about 20-25 minutes until muffins are a golden brown and a toothpick inserted into the center comes out clean. Remove Muffins from the oven then prepare and cook your next 1/2 batch. (Note: Fill the half dozen empty metal tin cups 1/2 way with tap water to help ensure even baking for your muffins.)
8. Allow the Muffins to cool for about 5 minutes and then serve warm, or remove to a wire rack and allow them to cool completely. Serve with a smear of Butter. Enjoy!