



Morning Gold Muffin

OVEN: 375°F

Line muffin cups with paper moulds. Makes 14 – 16 large muffins.

All-Purpose Flour	2.75 c + 3 Tbsp
Sugar	1-1/4 c + 2-1/2 Tbsp
Baking Soda	1 Tbsp
Baking Powder, Double Acting	2 tsp
Cinnamon	2 tsp
Mace	2 tsp
Sea Salt	3/4 tsp

Whisk together the dry ingredients. Set aside

Eggs - Whole, Liquid	5 whole
Vegetable Oil	1-1/2 c + 2 Tbsp

Blend the eggs and oil.

Carrots (EP) grated	400 g
Apples peeled, cored and chopped	215 g
Raisins	105 g (or 1 c)
Walnuts chopped	95 g (or 1 c)
Sunflower Seed	95 g (or 3/4 c)
Coconut	90 g (or 1 c)

Mix the carrots, raisins, walnuts, sunflower seeds, coconut and apples together.

Mix the flour mixture into the egg mixture. **JUST UNTIL DRY MIX IS MOISTENED.**

Stir in the carrot mixture just until incorporated.

Portion evenly among 14 to 16 muffin cups.

Bake @ 375° F for 20 and rotate. Bake another 5 - 10 minutes. Test for doneness with a pick.