

# Carrot Muffins

## Ingredients

---

- 1/2 c pecans or walnuts (toasted and rough chopped)
- 2 c raw carrots (grated)
- 1 apple (peeled and grated)
- 2 c all purpose flour
- 1 1/4 c granulated sugar
- 3/4 t baking soda
- 1 1/2 t baking powder
- 1 1/2 t cinnamon
- 1 c coconut (sweetened or unsweetened)
- 3 eggs
- 3/4 c safflower or canola oil
- 1 1/2 t pure vanilla extract

## Instructions

---

Preheat oven to 350 degrees F and place rack in center of oven. Place paper liners in 18 muffin cups. Toast the pecans or walnuts for about 8 minutes or until lightly browned and fragrant. Let cool and then chop coarsely.

Peel and finely grate the carrots and apple. Set aside. In a large bowl whisk together the flour, sugar, baking soda, baking powder, salt, and ground cinnamon. Stir in the nuts and coconut. Set aside.

In a separate bowl whisk together the eggs, oil, and vanilla extract. Fold the wet ingredients, along with the grated carrot and apple, into the flour mixture, stirring just until moistened.