



CARROT CAKE BREAKFAST MUFFINS



Ingredients

Wet Ingredients

½ cup oil
½ cup orange juice + pulp (or crushed pineapple + juice)
1 tbsp orange zest
1 tsp vanilla
½ cup brown sugar (or mashed banana)
2 eggs

Dry Ingredients

1 ¼ cups whole wheat flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp ground cinnamon
½ tsp ground cardamom
½ tsp ground ginger
¼ tsp ground nutmeg

Texture Ingredients

¾ cup rolled oats
2 tbsp ground flax seeds
2 tbsp hemp seeds
1 cup shredded carrot
1 cup diced apple
½ cup dried fruit or chopped nuts

Toppings

12-16 whole pecans



Instructions

Servings
12-16

Prep
25 mins

Bake
30 mins

1. Peel and grate the carrot, dice the apple, then set both aside.
2. Preheat the oven to 350°F.
3. Line a muffin baking tray with muffin cups.
4. Zest the outsides of the oranges, adding the zest to the oil. Cut the oranges in half and squeeze out the juice and orange flesh directly into a large mixing bowl.
5. Add the oil, brown sugar, vanilla and eggs, then stir.
6. Next add the flour, baking powder, baking soda, salt and spices. Stir until fully incorporated into the wet ingredients, but do not over-mix.
7. Add the rolled oats, seeds, then stir the batter.
8. Lastly, add the grated carrot, diced apple, and dried fruit or nuts. Fold into the batter gently.
9. Spoon the batter into the muffin cups. The cups should be about ¾ full of batter.
10. Top each muffin cup with a whole pecan, if desired.
11. Bake the muffins at 350°F for 25-30 minutes, or until a cake tester or knife pulls out clean from a muffin.
12. Let the muffins cool before serving, or just eat a couple while they're piping hot out of the oven. Store in the fridge in an airtight container for up to 5 days. Enjoy!