

Healthy Pumpkin Carrot Snack Muffins

Dairy-free & Egg-free

Bake Time: 15 minutes	Yields: 18 muffins
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Ingredients:

- 1 cup raw shredded carrots
- 1/3 cup shredded coconut, unsweetened
- 1/4 cup raisins
- 1/2 cup Old-Fashioned oats
- 1 1/2 cups whole wheat flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1 can pumpkin
- 1/2 cup honey
- 1/4 cup ground flax seeds
- 1/4 cup water



Preparation:

1. Puree shredded carrots in a mini food processor until each piece resembles the size of a grain of rice.
2. Put aside pureed carrots and measured amounts of shredded coconut, raisins, and Old-Fashioned oats.
3. Sift together flour, salt, baking powder, cinnamon, and pumpkin pie spice into a small bowl. Set aside for later.

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Coat one and a half muffin pans with a non-stick cooking spray.
2. Using an electric mixer, blend together pumpkin and honey. Add ground flax seeds and mix again.
3. Mix half of dry ingredients into the pumpkin batter. Add water and mix. Finally, blend the other half of dry ingredients into the muffin mix.
4. Fold carrots, coconut, raisins, and oats into the batter until they are evenly distributed.

5. Dump a big scoop of the mixture using an ice cream scooper into each round of the muffin pans.
6. Cook the muffins for 12-16 minutes or until a toothpick inserted into the center comes out clean.
7. Remove muffins from the oven and cool for ten minutes. Afterward, take the muffins out of the pan and let them cool completely on a cooling rack.
8. Store in the refrigerator for about four days in an airtight container or freeze muffins and reheat for about 50 seconds when one is ready to be eaten. Enjoy!

Notes:

Satisfying, but healthy, eat these snacks with a slap of butter and a glass of iced tea if desired. By making 12 muffins instead of 18, beef up these spice cakes into more breakfast-worthy muffins. They make great freezer food as well.