

# Gluten-Free Morning Glory Muffins

Recipe by Chris Chaput

**How On Earth Kitchen**

**Mattapoisett, MA**



- 2/3 cup almond meal
- 2/3 cup GF flour (brown rice, white rice, tapioca, potato starch)
- 1 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3/4 cup honey
- 1/4 teaspoon salt
- 2 eggs
- 2/3 cup coconut oil
- 1 teaspoon vanilla extract
- 1 Fuji apple, cored, peeled and diced
- 1/2 cup dried blueberries
- 1/2 cup grated carrots
- 1/2 cup walnuts, finely chopped
- 1/4 cup plus 2 tablespoons dried flaked unsweetened coconut, divided

Preheat oven to 325 degrees

In one bowl add all dry ingredients and mix well

In separate bowl add eggs, oil, vanilla extract and honey and mix well

Add wet to dry stir until just combined; then add remaining ingredients mix gently till well incorporated

Scoop into well greased or muffin cup lined muffin tin

Top with a pinch of coconut flakes

Bake for 30-35 minutes

Stick a muffin with a toothpick, if it comes out clean muffins are ready to eat