

Carrot Apple Muffins

- Pre heat oven to 375f and prepare muffin tin with liners.
- Melt coconut oil and add to the mashed banana, stir to combine.
- Add the apple puree, apple, carrot, eggs, milk and combine.
- Mix the flour, ground almonds, cinnamon, ginger, baking soda and salt together
- Combine the wet and dry ingredients and stir.
- Fill each muffin case to the top with the mixture and sprinkle with the chopped walnuts (optional)
- Bake for approx. 35 mins (until golden brown and you can stick a knife in and it comes out clean.)
- Leave to cool for 10 mins.

Recipe from:

<https://www.healthylittlefoodies.com/carrot-apple-muffins-no-added-sugar/>

Total time: 50 minutes