

Carrot Spice Muffins

Makes 12 large muffins, or up to 36 small ones

3 c. Basic Quick Mix

¼ c. whole sugar

1 tsp. ground cinnamon

½ tsp. ground ginger

¼ tsp. ground nutmeg

½ c. chopped Crispy Pecans*

1 c. raisins or other dried fruit

2 eggs

¼ c. molasses

¼ c. extra virgin coconut oil or
butter, melted**

1 ½ c. milk, buttermilk, or kefir

2 c. carrots, peeled and grated

Combine dry ingredients in a large bowl. Make a well to receive the liquid. In a separate bowl, beat the eggs. Add all remaining ingredients and stir to mix. Pour into well. With a wooden spoon, stir just enough to moisten. Fill greased muffin cups $\frac{3}{4}$ full. (I love using a $\frac{1}{4}$ c. scoop to fill up my large muffin cups.) Bake in 400°F (200°C) oven for 20-25 minutes. After removing from oven, let cool in pan for about 5 minutes, and then dump onto cooling rack.

*Crispy Pecan recipe can be found in the Nourishing Traditions cookbook by Sally Fallon and Mary G. Enig, Ph.D (New Trends Publishing, Inc. 2001)

**NEVER use a microwave to melt your butter, or for any other reason—that is, unless you WANT to be part of the statistic about cancer being the leading cause of death... your choice! <http://www.relfe.com/microwave.html>

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