

MORNING GLORY MUFFINS

From Those Wonderful Comfort Foods Cookbook
from Cooking with Chef Brad

This recipe makes a large batch which would be great for the freezer or large family get-togethers like family reunions.

2 cups raisins, plumped with hot water

8 cups spelt flour, freshly ground or the equivalent

white flour substitute flour (1 part Brown Rice flour, 1 part Barley flour, 1 part Spelt flour)

2 cup quinoa, cooked

2 cups maple syrup or 4 cups sugar

2 Tbsp. baking soda

2 Tbsp. cinnamon

2 tsp. salt

12 eggs

8 carrots, grated

4 cups grated apples

2 cups almonds, sliced

2 cups coconut

2 Tbsp. vanilla extract

2 2/3 cup oil



Mix all dry ingredients together first. In the Bosch Mixer bowl with the whips, whip the 12 eggs until frothy and then add the remaining wet ingredients including the carrots and apples. Change to the cookie paddles and mix wet ingredients for 10 sec. Stop machine and add the dry ingredients including the nuts and coconut all at once and jog the machine until flour is mixed in (you don't want to over mix muffins as muffins are better when lightly mixed. Bake in greased muffins cups at 350 degree F. for 25 min. until done. Cool. Makes 4 dozen delicious healthy muffins.

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