



Ashley's Meal Prep Monday!



Banana Carrot Muffins

INGREDIENTS

1 1/4 cup GF flour
1 TSP baking powder
1/2 TSP baking soda
1/4 TSP salt
1 TSP cinnamon
1/4 cup granulated sugar
(I use Swerve)
1/4 coconut brown sugar
1/2 melted coconut oil
2 eggs
1 TSP vanilla
1 cup carrots, shredded
2 mashed bananas
1/2 cup chopped pecans



Preheat oven to 350. Line a muffin tin with liners or spray - this recipe will make about 16 muffins. (I recommend using a silicone muffin pan)

In a large bowl, stir together the dry ingredients: flour, baking powder, baking soda, salt, cinnamon, and sugars. Set aside.

In a medium bowl, whisk together the melted coconut oil, eggs and vanilla. Stir the wet ingredients into the dry until mixed. The batter may seem extra thick, but that's normal. Stir in the shredded carrots and mashed banana.

Scoop batter into muffin tins, approx. 2/3rds full. Top each muffin with 1 1/2 TSP chopped pecans. Bake for 15-20 minutes until a toothpick comes out clean.

RECIPE: @FORKINTHEKITCHEN.COM

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