

# Morning Glory Muffins - Gluten Free

adapted from Macrina's Bakery

Makes about 36 mini muffins or 12 large muffins

## Ingredients:

- 1/2 cup currants
- 1/3 cup walnut halves toasted and chopped
- 1 cup GF baking mix (I used Bob's Redmill)
- 1/2 cup quinoa flour
- 1/2 cup almond flour
- 1/2 cup GF quick oats
- 1/2 cup brown sugar
- 2-1/4 teaspoons cinnamon
- 1-1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 medium carrot, grated
- 1 Granny Smith apple, grated
- 3/4 cup chopped pineapple (fresh if available)
- 1 T flax seeds
- 3 eggs
- 1/4 cup olive oil
- 6 tablespoons unsalted butter, melted
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon pure vanilla extract
- 1/2 cup shredded, unsweetened coconut
- 1/3 cup coarse raw sugar

## Method:

Preheat oven to 350°. Grease tin or use cupcake liners.

Place raisins in a bowl and cover with hot tap water and let sit for 10 minutes. Drain and squeeze out excess liquid. Toast walnuts till golden then coarsely chop. Set both aside.

Mix thoroughly flours, oats, cinnamon, baking soda and salt in a small bowl. In a separate medium bowl combine grated carrot and apple, pineapple, eggs, olive oil, melted butter, lemon juice, vanilla and brown sugar.

Add dry ingredients to wet ingredients and stir till just combined. Don't overmix.

Fill mini or full size cups to the top. Sprinkle coarse raw sugar on tops. Bake on the center rack of oven for 25 minutes for minis and up to 40 minutes for full size. Finished muffins will be deep brown. Allow to cool for 20 minutes. If liners were not used, gently slide a fork down the side of the muffin and lift it from the pan.

