

Buckwheat-Coconut Flour Carrot Muffins (Gluten-Free)

From Camilla, Power Hungry, at PowerHungry.com

Serves: 14

Ingredients

- 1-1/3 cups buckwheat flour
- 3 tbsp coconut flour
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp fine sea salt
- 2 tsp pumpkin pie spice or ground cinnamon
- 2 large eggs
- ½ cup packed dark brown sugar
- 1-1/4 cups unsweetened applesauce
- ¼ cup virgin coconut oil, melted
- 2 tsp vanilla extract
- 1-1/2 cups shredded carrots
- ½ cup chopped semisweet chocolate or mini (vegan) chocolate chips

Instructions

1. Preheat oven to 375F. Line 14 standard muffins cups with paper or foil liners
2. In a large bowl whisk the buckwheat flour, coconut flour, baking powder, baking soda, salt, and pumpkin pie spice.
3. In a medium bowl whisk the eggs and brown sugar. Whisk in the applesauce, coconut oil and vanilla until blended.
4. Add egg mixture to flour mixture, mixing until just blended. Stir in carrots and chocolate. (do not overmix). Divide batter among prepared cups.
5. Bake in the preheated oven for 23 to 28 minutes. Let cool in tin for 15 minutes, then remove muffins to a cooling rack. Cool completely.

Notes

Be sure to check that the vanilla and chocolate you are using are gluten-free!