

Carrot Raisin Buckwheat Muffins

2 ½ cups buckwheat flour
½ cup tapioca flour
½ cup organic brown sugar, Sucanat, or maple sugar
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon sea salt
2 teaspoons cinnamon
1 teaspoon ginger powder
2 cups applesauce
¼ cup melted virgin coconut oil or grapeseed oil
2 teaspoons vanilla
1 cup grated carrots
½ to 1 cup raisins, soaked for 10 minutes in ¼ cup water (then drain)

Preheat oven to 375 degrees F. Lightly oil muffin tins or line with paper muffin cups.

In a large bowl combine the buckwheat flour, tapioca flour, sugar, baking soda, baking powder, sea salt, and spices. Mix well.

Place apple sauce into a separate bowl and add the melted coconut oil, vanilla, carrots, and raisins; whisk together. Pour the wet ingredients into the dry and gently mix together being careful not to over mix.

Spoon batter into oiled muffin tins. Fill each muffin cup to the top. Bake at 375 degrees F for about 25 minutes. Loosen sides with a knife and gently take out of tins and place onto a wire rack to cool.

www.NourishingMeals.com