



### Carrot Spice Muffins

Mix the following ingredients in the food processor

- 1 egg White
- 1 T Lemon Juice
- 1/4 C Almond Milk
- 3 T oil
- 1/4 t vanilla
- 1 large carrot chopped just process in the food processor (or 3/4 cup grated carrot)
- 3 T honey
- 2 T apple sauce

Mix together dry Ingredient

- 3/4 C GF flour blend
- 1/2 t each baking soda and baking powder
- 1/4 t ground cinnamon
- 1/8 t ground nutmeg
- 1/8 ginger and allspice
- 1 t xanthum gum
- 1/4 C raisins or dried cranberries

Mix processed ingredients into the dry ingredients.

Fill greased muffin cups DO NOT USE MUFFIN LINERS  
2/3 full. Bake at 400 degree for 15 minutes. Yield 8 Muffins

<http://www.lincolntent.com/GFCF-Bread.html>