



## **Carrot Apple Coconut Muffins**

makes 12 or 24 mini muffins

1 c. flour

½ c. wheat flour

½ tsp. baking soda

1 tsp. baking powder

½ tsp salt

½ c. unsweetened coconut flakes (optional)

2 carrots, peeled and grated (about 1 cup)

1 apple, peeled and grated (about ½ cup)

2 eggs

1 tsp. vanilla

1/3 c. milk

¼ c. vegetable oil

½ c. honey

Combine the first 8 ingredients in a large bowl.

In a separate bowl, combine remaining ingredients.

Slowly add the dry ingredients to the wet ingredients and stir just to moisten.

Divide into muffin tins.

Bake 15 minutes at 350 degrees for mini muffins and about 20-25 minutes for standard muffins.