

# Trail Mix Muffins



Always gather all your ingredients and read the recipe twice before starting!

Servings: 8 to 12 muffins

## Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup whole wheat flour
- 1 tsp cinnamon
- ½ tsp baking powder
- ½ tsp baking soda
- 2 large eggs
- ¼ cup unsweetened applesauce
- ¼ cup oil
- ½ cup packed brown sugar
- 1 medium apple, grated = +/- 1 cup
- 1 carrot, grated fine = +/- ¾ cup
- ½ cup fresh or frozen cranberries
- ¼ cup chopped dried apricots
- ½ cup chopped nuts
- ¼ cup chocolate chips
- ¼ cup sweetened shredded coconut flakes

## Preparation:

- 1- Preheat oven at 375 degrees
- 2- Spray muffin tins with baking spray or use baking cups
- 3- Whisk first 5 ingredients together in large bowl and set aside
- 4- In a separate bowl, whisk together the eggs, sugar, oil, applesauce until combined
- 5- Fold in the apple, carrot, nuts, cranberries and chocolate chips into the wet ingredients
- 6- Add the wet ingredients to dry and fold to combine
- 7- Fill muffin tin and press sliced almonds or extra nuts on top, bake for 25-30 minutes
- 8- Test doneness by inserting a toothpick and making sure it comes out "clean."

## Notes:

- Use your favourite nuts or seeds: walnut, pecan, almonds, pumpkin or sunflower. I like big chunks of walnuts!
- Adapted from [www.savoringthethyme.com](http://www.savoringthethyme.com)

