

# Kristy's Carrot & Pineapple Muffins recipe by Kristy Kilik

*Easy muffins that are fantastic traditionally made or as gluten free & dairy free.*

3 farm fresh eggs (support local!!)  
2/3 cup milk of choice (my preference is unsweetened cashew)  
1 tsp vanilla extract  
1/3 cup oil of choice OR apple sauce OR unsalted butter  
2/3 cup coconut sugar  
3 tbsp granulated sugar (preferred organic cane sugar)  
1 ½ tsp aluminum free baking powder  
1 ½ tsp baking soda  
1 tsp sea salt  
¼ tsp nutmeg  
¼ tsp ground ginger  
¼ tsp ground cloves  
1 ½ tsp cinnamon  
2 cups shredded carrots (fresh or thawed from frozen)  
1 cup crushed pineapple  
2 cup flour of choice (gluten free cloud 9 is my preferred choice) SEE NOTES @ END OF RECIPE  
\*\*\*\* (if using gluten free flour, check if it has xanthan gum, if it does not have it, add ¼ tsp of xanthan gum)  
½ to ¾ cup raisins, nuts or any dried fruit of choice (optional)

## Directions:

Preheat oven to 350° F. Grease muffin tins or line muffin tins with paper liners.

**In a stand mixer:** simply go through the list and add in one ingredient at a time in order listed above.

**Mixing by hand:** In a large bowl, whisk the eggs. Add in the milk and whisk. Add the vanilla and oil (or applesauce or the butter, whatever you are using) whisk together until well blended. Add the coconut sugar, and the granulated sugar and whisk until well blended. Add in baking powder, baking soda, salt, nutmeg, ground ginger, ground cloves, and cinnamon and whisk until blended. Set the whisk to the side and bring out a wooden spoon. Add in 1 ¾ cups of flour and blend it into batter with a wooden spoon. If the batter is too runny, add in more flour until the batter is very thick. Add in the shredded carrots and the pineapple, mix until well blended. Stir in the raisins and nuts. Blend well. Drop batter into greased or lined muffin tins. Sprinkle chocolate chips on top (optional).

**Bake at 350° F for 20 – 25 minutes.**

Makes 24 small muffins or 12 large muffins. These freeze very well.

**Baking with frozen shredded carrots:** I like to shred extra garden carrots into 2 cup packages. I dump the entire thawed package, juice and all into any recipe that calls for shredded carrots. They keep well and are great to use in soups, casseroles, and any baking recipes.

**GLUTEN FREE BAKING NOTES:** when baking gluten free, the flours are always very different from one brand to the next and even the batches are very different. No bag of gluten free flour mix has ever been the same as the one before it. Always have about a half cup extra flour on hand in case your flour isn't holding moisture. Always start with a little less gluten free flour and add in a little more if need be instead of having to water it down. Makes better muffins that way. Top flour choice in all my muffin recipes is cloud 9 gluten free all purpose flour. Second tip: adding baking soda and powder to wet ingredients works better with gluten free flour opposed to the traditional blending it into the dry ingredients. When you blend the soda and powders into the dry ingredients, it often takes too long to activate and the muffins come out flat. Third tip: farm fresh eggs are the secret weapon in gluten free baking. You just can not get the same results using commercial eggs and gluten free flour. Always support local!