

# Morning Glory Muffins

18 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Almond Flour (blanched)  
3 Egg (large, room temperature)  
1/4 cup Egg Whites (from 2 eggs, room temperature)  
3/4 cup Honey  
1 1/2 tsps Baking Soda  
1/2 cup Plain Greek Yogurt (24 hr fermented, strained)  
2 Pear (peeled, chopped)  
1 cup Grated Carrot  
1 tsp Cinnamon  
3 tbsps Butter (melted)  
1/2 tsp Vanilla Extract  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Iron	1mg
Fat	9g	Vitamin D	10IU
Carbs	18g	Folate	7µg
Fiber	2g	Magnesium	39mg
Protein	5g	Zinc	0mg
Vitamin C	2mg		

## DIRECTIONS

- 01 Preheat the oven to 350 degrees °F. Place muffin paper baking cups in muffin pan.
- 02 Place baking soda, almond flour and salt in a large bowl.
- 03 Add eggs, egg whites and yogurt in a separate bowl and gently whisk. Then add to dry ingredients. Incorporate fully using a hand-held mixer on “medium” speed.
- 04 Add honey and vanilla, mix, then add pears and carrots. Fold together with a rubber spatula.
- 05 Scoop 1/3 cup of batter and pour into each baking cup. Fill to below top edge of the baking cup. Bake until golden, 20 to 25 minutes. Remove from oven and let muffins cool before removing from pan. Enjoy!

## NOTES

### RECIPE ID 800

### NUT TOPPING

Carefully place a walnut or pecan in each muffin 10 minutes into the baking cycle.

### LARGE BATCH

These muffins store well for 1 month in the freezer.