Carrot Bread

2 eggs

3/4 cup applesauce

3 Tbsp honey

3 Tbsp melted coconut oil or butter

1 cup grated carrot Or one cup of cooked carrots blend smooth

1 tsp vanilla extract

1 1/2 tsp cinnamon

1/2 tsp salt

\*\*\*\*1 1/2 cups of Special Flour Mix. Add 1/4 cup extra for higher elevations

1 tsp baking powder

1 ½ tsp baking soda

1/2 cup walnuts, chopped (optional/ omit)

Combine in blender all wet ingredients. Mix all dry ingredients then add the blended wet Carrot mixture. Preheat oven to 400. Pour into muffin tins. Bake for 15-20 minutes. They will be very moist and feel like they are not done, but they will set up when cooled.

\*\*\*\* Special Flour Mix to store away in a plastic tub in fridge

2 cups almond flour, sifted\*

1 and 1/3 cups tapioca flour/tapioca starch

2/3 cup coconut flour