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Apple-Carrot Superhero Muffins

Ingredients:

2 cups almond meal

1 $\frac{1}{2}$ cups old-fashioned rolled oats

2 teaspoons ground cinnamon

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon fine sea salt

$\frac{1}{2}$ cup chocolate chips, raisins, or walnuts (optional)

3 eggs

1 cup grated Granny Smith apple (about 1 apple)

1 cup grated carrots (about 2 carrots)

6 tablespoons unsalted butter, melted

$\frac{1}{2}$ cup honey

1. Position a rack at the center of the oven. Preheat the oven to 350 degrees Fahrenheit. Line a 12- cup standard muffin tin with paper muffin cups.
2. In a large bowl, combine the almond meal, oats, cinnamon, baking soda, salt, and chocolate chips, raisins, or walnuts (if using)
3. In a separate bowl, whisk together the eggs, grated Granny Smith apple, grated carrot, melted butter, and honey. Add to dry ingredients, mixing until just combined.
4. Spoon the batter into the muffin cups, filling each to the brim. Bake until they are nicely browned at the top and a knife inserted to the center comes out clean, about 25 to 30 minutes.
5. Store leftover muffins in an airtight container in the fridge or freezer.

CREDIT: Run Fast, Cook Fast, Eat Slow Cookbook By Shalane Flanagan & Elyse Kopecky