

# Clean & Lean Revolution

## *Carrot, Banana, Raisin Muffin Recipes*

### FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

#### **CARROT, BANANA, RAISIN MUFFINS**

SERVES 12 (360 Calories Total Meal: Muffin 300 Calories + (choose one) medium apple, small pear, 2/3 cup berries

2 cups almond flour or meal  
2 tsp baking soda  
1 tsp sea salt  
1 T cinnamon  
1 cup dates, pitted  
1/2 cup raisins  
3 ripe bananas  
3 eggs  
1 tsp apple cider vinegar  
1/4 cup coconut oil, melted  
1 1/2 cups carrots, shredded  
3/4 cup walnuts (or nuts of choice), finely chopped  
muffin paper liners



#### **INSTRUCTIONS**

Preheat oven to 350 degrees

In a large bowl, combine flour, baking soda, salt and cinnamon.

In a food processor, combine dates, bananas, eggs, vinegar and oil.

Add mixture from food processor to dry mixture in the large bowl and combine thoroughly.

Fold in carrots, raisins and nuts.

Spoon mixture into paper lined muffin tins.

Bake at 350° for 25-35 minutes. These will still be a bit moist in the center.