



## **Orange Breakfast Muffins**

**Makes 20 Muffins**

### **Ingredients:**

2 Cups Whole Wheat Pastry Flour  
1 Cup Oatmeal  
2 Tbsp Orange Zest  
1 Tsp Baking Powder  
1/2 Tsp Baking Soda  
2 Tsp New Hudson Apple Pie Spice  
1/2 Tsp Salt  
2 Eggs  
1 Cup Plain Yogurt  
3/4 Cup Pureed Carrots  
1/4 Cup Olive Oil  
1/2 Cup Honey  
1/2 Cup Orange Juice  
1/2 Cup Nuts (I used Almonds)

### **Preparation:**

Preheat oven to 350°.

To make the carrot puree, simply steam them until they are soft (I used one bunch of carrots and the was just about perfect.) About 5 minutes in the microwave or 10 minutes or so on the stove. Place in blender with olive oil and puree.

In a mixing bowl add all of the ingredients and mix until fully incorporated. This smells too good!

I used a muffin pan that I placed muffing liners into. I also used a 3 tbsp scoop to ensure that all the muffins are the same size.

Bake for 20-25 minutes, and enjoy!