



The Edible Garden

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Healthy Eating Starts Here!

Gluten-Free Morning Glory Muffins

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Ingredients (*Serves 18*)

2/3 cup canola oil
1/2 cup evaporated cane sugar
1/4 cup natural brown sugar
1 teaspoon gluten-free vanilla extract
3 eggs
1 cup quinoa flour
1/2 cup potato starch
1/2 cup tapioca starch
2 teaspoons baking soda
2 teaspoons ground cinnamon
2 teaspoons xanthan gum
1/2 teaspoon salt
1 cup grated carrots
1 cup grated zucchini
1/2 cup chopped toasted walnuts
1/2 cup seedless raisins
1/4 cup toasted coconut flakes
1 teaspoon grated orange zest
1 tart red apple, unpeeled, cored, and finely chopped

Instructions

1. Preheat oven to 350°F. Put oil, cane sugar, brown sugar, vanilla and eggs into a large bowl and whisk by hand for about 1 minute to incorporate air into the mixture. Set aside.
2. Put flour, potato starch, tapioca starch, baking soda, cinnamon, xanthan gum, and salt into a second large bowl and stir well.
3. Add flour mixture, carrots, zucchini, walnuts, raisins, coconut, orange zest, and apples to the reserved sugar mixture and stir well to form a batter.
4. Scoop batter into 12 paper-lined muffin tins and bake until cooked through, about 25 minutes.