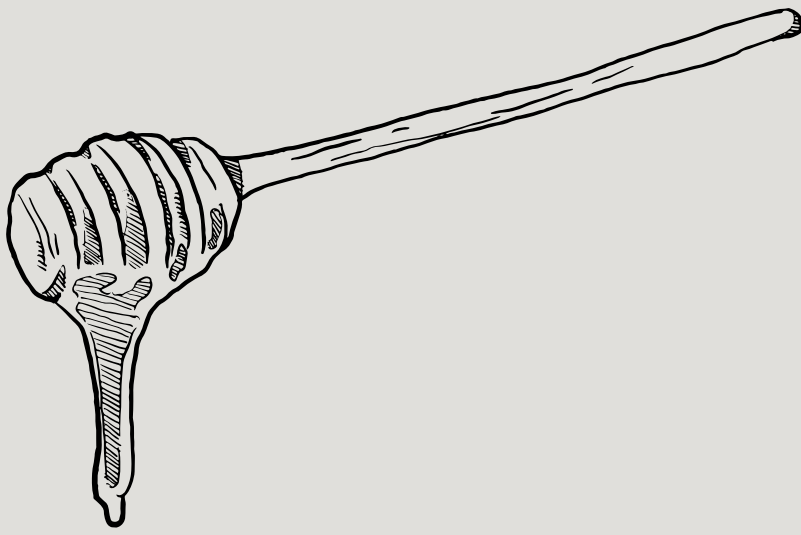




V's Honey & nut muffins

Directions

Ingredients:

dry:

- 1 c all purpose flour
- 1 c wheat flour
- 1 tsp baking soda
- 1 ½ tsp baking powder
- pinch salt
- 2 tsp cinnamon

wet:

3 c peeled and grated carrots

4 eggs

½ c honey

½ c olive oil

2 tsp vanilla extract

2 bananas, mashed

1 c walnuts finely chopped

In a separate bowl, mix dry ingredients.

In a separate bowl, mix all wet ingredients. Stir wet and dry ingredients together. Pour into parchment lined muffin tins.

Bake at 375° for 15-20 minutes until golden brown and knife inserted comes out clean.

Enjoy! xxV

HOUSE OF VALENTINA