

# Apple Muffins

## Ingredients:

- 2 cups oats
- 1.5 cups almond powder
- 1 tsp baking soda
- ¼ tsp salt
- 2 tsp cinnamon
- 2 apples, shredded
- 2 carrots shredded
- 3 eggs
- 1/3 cup olive oil
- Small amount of honey (optional)
- Raisons, choc chips, pecans, all optioal

## Instructions

1. After shredding carrot and apple mix them with eggs, oil, and honey
2. Add all dry ingredients and mix
3. Fold in raisons
4. Put in muffin tins
5. Bake at 350 degrees for 25 minutes

