

Mesquite Carrot Muffins

4 beaten eggs (stand at room temp for 30 min)

1 1/2 c agave syrup (or 2 c sugar)

1 1/3 c white whole wheat flour

2/3 c mesquite flour

2 t baking powder

1 t cinnamon

1/2 t baking soda

3 c finely shredded carrots

3/4 c olive oil

Preheat oven to 350°. Line muffin cups with paper liners.

In a large mixing bowl, mix (sugar, if used), flours, baking powder, cinnamon and baking soda.

In another bowl, combine eggs, carrots, oil & agave syrup. Add egg mix to flour mix and stir until combined. Fill muffin cups about 2/3 full and bake 20 to 25 min or until skewer inserted near center comes out clean. Cool on wire racks.

Baja Arizona Sustainable Agriculture