

Spicy Apple-Carrot Muffins

½ c. non-instant dry milk solids or ¼ c. milk
3 t. baking powder
½ t. sea salt
½ t. allspice
½ t. nutmeg
1 t. cinnamon
2 ½ c. stone ground whole wheat flour
1 c. honey
½ c. safflower or other oil plus ¼ c. butter
4 eggs
1 t. vanilla
1 c. grated unpeeled apple
1 c. grated carrot
1 c. chopped pecans

Preheat oven to °400. In a large bowl, combine the milk solids, baking powder, salt, allspice, nutmeg, cinnamon, and flour. Combine the honey, oil and eggs and stir into dry ingredients. Fold in the apple and carrot. Spoon into oiled muffin tins. Bake 15 to 20 minutes or until done. Makes about two dozen medium-sized muffins.