

Sneaky Veggie Muffins

Recipe by nutritionist Casey-Lee Lyons from [Live Love Nourish](http://www.livelovenourish.com.au). www.livelovenourish.com.au

Makes: 6

Ingredients:

3/4 cup almond meal (90g)
1/3 cup gluten free flour, sifted (55g)
2 tsp baking powder
1 tsp cinnamon
1/2 cup almond milk (or plant based milk of choice, 60ml)
1/4 cup coconut oil, melted (60ml)
2 tbsp honey (or rice malt syrup or coconut nectar, 40ml)
1 tsp vanilla extract
1/2 cup grated apple* (70g/1 apple)
1/2 cup finely grated carrot (60g/1 small carrot)
1/2 cup grated zucchini*

METHOD:

1. Pre-heat oven to 180°C.
2. In a mixing bowl, mix dry ingredients, almond meal, gluten free flour, baking powder and cinnamon.
3. Combine wet ingredients, milk, coconut oil, honey and vanilla, add to dry mix. Combine well.
4. Squeeze out excess juice of grated zucchini.
5. Add apple, carrot and zucchini and mix to combine.
6. Spoon mixture into muffin cases.
7. Bake in oven for 20-25 minutes or golden on top.
8. Allow to cool.

Recipe tips:

*If you have fussy eaters peel the apple and zucchini first to remove the skin from being visible in the muffin.

*Use a sweet variety of apple for extra natural sweetness.

About the author:

Passionate about inspiring others to live a healthy and happy life, naturopath and nutritionist Casey-Lee Lyons shares her healthy recipes, free from gluten, dairy and sugar, in a refreshing and simple way.

Her easy-to-understand nutrition and lifestyle advice has helped many people improve their health and vitality and to live their healthiest and best life.

To download her free recipe e-book or to browse through hundreds of delicious recipes visit www.livelovenourish.com.au or follow Live Love Nourish on social media:

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