

Carrot Muffins or Scones

Yield: 20-30 muffins or about 16-24 scones **NMB FP DH**

Grate **2 apples** in food processor and squeeze them as dry as you can through a ***More than a Nut Milk Bag***. Refrigerate apple solids, and use the juice in the next step:

½ cup golden flax seeds

1½ cups water plus saved apple juice

Soak flax seeds for 8 hours.

2 batches Carrot-Ginger Juice pulp (page 34)

2 cups carrot shredded (about 4 medium carrots)

Place carrot pulp, grated squeezed apples (from the first step), and shredded carrots in a large bowl.

1 cup dates pitted and chopped small

½ cup dried apples chopped into small pieces

½ cup dried pineapple chopped into small pieces

2 teaspoons cinnamon

¼ teaspoon nutmeg

1 cup almond pulp

½ cup chia seeds ground in a spice grinder

½ cup flax seeds ground in a spice grinder

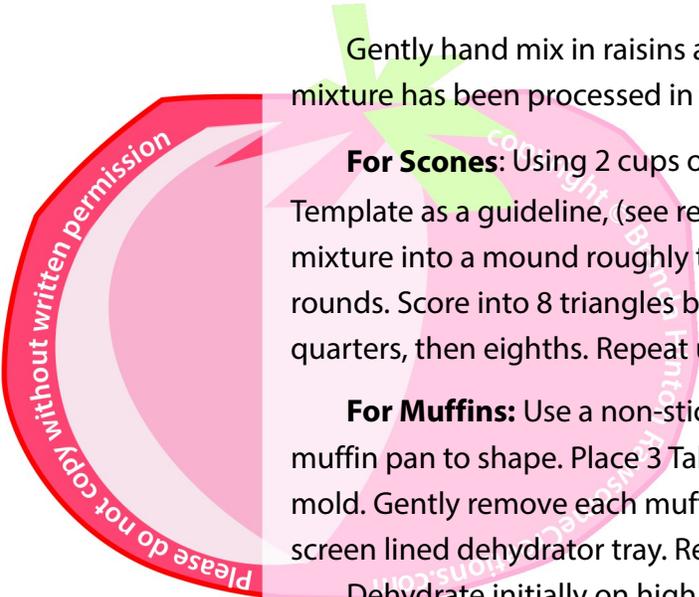
½ cup coconut flakes

Loosely separate dates and add them to the bowl along with all these ingredients. Don't forget the soaked flax seeds. Hand mix to incorporate all ingredients into one uniform batter.

Divide the batter into 3 or 4 equal portions. In a food processor outfitted with an 'S' blade place one portion of the batter and pulse until the batter is slightly broken down. This helps the fresh and dried fruits, spices and flours all mix together well. Place processed batter into another bowl. Repeat this step until all the original batter is processed.

½ cup raisins

1 cup walnuts chopped



Gently hand mix in raisins and chopped walnuts once all the mixture has been processed in food processor.

For Scones: Using 2 cups of the mixture and the *RawSome* Template as a guideline, (see resource list for ordering) shape mixture into a mound roughly the diameter of one of the template rounds. Score into 8 triangles by cutting the mound in half, then quarters, then eighths. Repeat until all of the mixture is used.

For Muffins: Use a non-stick mini-cheesecake pan or mini-muffin pan to shape. Place 3 Tablespoons of mixture into each mold. Gently remove each muffin from the pan. Transfer to a mesh screen lined dehydrator tray. Repeat until all of the mixture is used.

Dehydrate initially on high, 125° for 2 hours, then reduce the temperature to 115° for another 2-3 hours.