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## SNACK MUFFINS WITH CARROT, APPLE, COCONUT AND PECANS

CONVECTION BAKE

These easy to prepare muffins are a staple in my house in the fall and winter months. A perfect healthy snack and very forgiving, if you don't care for one of the ingredients add more of another. Because they are made with vegetable oil they keep well in an airtight container or can be frozen. The recipe makes 18 muffins so if you don't have two muffin pans, bake 12, remove those from the pan after a short cooling spell and bake the remainder of the muffins.

Because these muffins have such a high moisture content I prefer to bake them in the Bake mode or the Convection Bake mode since the direct heat from the top and bottom heating elements ensures a drier crumb. Remember if you use Convection Bake reduce the recipe temperature by 25 degrees and if baking two trays at one time there is no need to switch the pans part way through baking.



### Ingredients

2 cups all purpose flour	walnuts
2 tsp baking soda	½ cup golden raisins
1 tbspc wheat germ (optional)	½ cup flaked unsweetened coconut
2 tsp ground cinnamon	3 large eggs
1 cup granulated sugar	1 cup olive oil or your preferred vegetable oil
¼ tsp salt	2 tsp vanilla
2 cups carrots, peeled and grated (2 -3 medium carrots)	1 Granny Smith apple, coarsely grated
½ cup chopped pecans or	

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## Directions

Arrange the oven racks so there is one rack in the center of the oven and heat the oven in the Bake mode 350°F or if baking two trays in the Convection Bake mode 325°F.

Oil an 18 cup muffin tin or line with baking cups.

In a large mixing bowl, sift the flour, baking soda, cinnamon and salt and whisk in the wheat germ (if using) and the sugar. Stir in the carrots, pecans, raising and coconut.

In another bowl or large mixing jug combine the eggs, oil and vanilla and whisk to combine. Stir in the shredded apple and combine gently with the flour mixture. Fill each of the muffin cups  $\frac{3}{4}$  full and

bake for 18 - 20 minutes, until the tester comes out clean.

Cool the muffins in the pan for at least 5 minutes before out onto a cooling rack.

Makes 18 muffins