

Zucchini Carrot Muffins

- 1/2 cup sugar
 - 4 tablespoons canola oil
 - 1 tsp teaspoon salt
 - 2 large egg
 - 2 cup grated zucchini
 - 2 cup grated carrots
 - 1/2 cup pecan gems and/or 3/4 cup raisins pre-soaked
 - 2 cups all purpose flour (rice, whole wheat, spelt)
 - 2 teaspoon baking powder
 - 2 teaspoon cinnamon
 - 1/2 teaspoon ground nutmeg
1. Preheat the oven to 375°F. Line 12 cups of a standard muffin tin (or 20 mini-muffin cups) with papers, or grease each cup.
 2. Whisk together the sugar, oil, salt, and egg.
 3. Add the zucchini, carrots, and pecans.
 4. Whisk together the remaining ingredients in a separate bowl, then add to the batter. Stir till just combined.
 5. Divide the batter evenly among the prepared muffin cups. Let the muffins rest for 10 minutes before placing them into the oven.
 6. Bake the muffins until the edges are lightly browned and they feel firm if gently pressed, about 18 to 25 minutes for the regular sized muffins (for me it was 10 minutes for the minis). A cake tester inserted into the center of a muffin should come out clean.
 7. Remove the muffins from the oven, and cool them in the pan for 10 minutes; transfer to a rack, and cool.