



# PARSNIP MUFFINS

## **Ingredients**

### Dry Ingredients:

- 2 cups flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

### Wet Ingredients:

- 1 teaspoon molasses
- 1 medium parsnip, finely grated (about 1 cup)
- 3/4 cups coconut milk
- 1/3 cup oil
- 1/4 cup applesauce
- 1 egg
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract



## **Directions:**

Combine all wet ingredients in a bowl and mix well. Add baking powder, baking soda, and salt. Mix well. The mixture will foam a little due to the reaction of the lemon juice and the baking soda; this helps make the muffins light and fluffy. Add sugar and mix well, then fold in the flour. Pour into greased muffin wells. Bake at 350 degrees F for 25-28 minutes\*.

\*I used giant muffin tins, and got 6 muffins. If you use the normal 12 muffin-pan, you will need to adjust the baking time slightly.