BANANA-CARROT ALMOND FLOUR MUFFINS

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2 cups blanched almond flour (not almond meal) I use Honeyville.
2 teaspoons baking soda
½ teaspoon sea salt
1 Tablespoon ground cinnamon
½ cup unsweetened shredded coconut
3 large eggs, at room temperature
3 very ripe bananas*, mashed
2 Tablespoons raw honey
1/4 cup (4 Tablespoons) unrefined coconut oil or unsalted butter, melted
1 teaspoon pure vanilla extract
1 teaspoon apple cider vinegar or white vinegar
1 cup dates, pitted and chopped (or raisins or dried cherries)
2 medium carrots, peeled and shredded
¾ cup chopped walnuts or pecans

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1. Preheat the oven to 350 degrees. Line a 12-cup muffin pan with paper liners.
2. In a large bowl, mix together the almond flour, baking soda, salt, cinnamon and coconut. In another bowl, whisk the eggs, bananas, melted coconut oil, honey, vanilla and vinegar together, making sure that the oil is well incorporated into the other ingredients.
3. Stir the wet ingredients into the dry ones. Fold in the dates, carrots, and walnuts. Divide the batter among the muffin cups. You will fill the cups to the top since these muffins don't rise very much.
4. Bake for 40 minutes, until golden brown or a skewer inserted into the center of a muffin comes out clean. (Since there is no actual flour, the muffins will not rise significantly.) Cool in the pan or on a wire rack for 5 minutes, then turn out the muffins onto the rack and let cool to warm or room temperature.

*Or substitute ¾ cup unsweetened applesauce + an extra 2 Tablespoons raw honey