



LOVE *thy* CARROT

*real food made with love*

### Oatmeal Breakfast Muffins

This recipe will make 8 - 9 muffin or if you want them ginormous over-fill the muffin tin,

#### Ingredients:

- 2 1/2 cups oat flour, (make your own oat flour by grinding oat flakes in the processor until finely ground)
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup almond milk
- 1 tablespoon ground flax seeds mixed with 3 tablespoons water
- 1/4 cup unsweetened applesauce
- 1/4 cup maple syrup
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon
- 1/4 teaspoon turmeric
- 1/4 teaspoon cardamom
- 1/2 cup dates chopped
- 1/2 cup pecans chopped

#### Instructions:

1. Line a muffin tin with paper liners
2. Start by mixing the ground flaxseeds with the water, set aside for 10 minutes
3. Whisk together the dry ingredients
4. Stir in the liquid ingredients and mix well with a big spoon
5. Evenly divide the mix, I usually get between 8 and 9 muffins
6. Bake for 25 minutes at 350F