

LOVE THY CARROT

real food made with love

CARROT ORANGE MUFFINS, GLUTEN-FREE, DAIRY FREE & SUGAR FREE & HOW TO MAKE OAT FLOUR

This recipe makes 8 - 9 muffins.

INGREDIENTS

1 1/2 cup oat flour, (see how to make your own below)
1 cup almond flour
1 tbsp ground flax seed
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/2 tsp ground ginger
1/4 cup coconut oil, melted
2 tbsp maple syrup or honey
1/2 cup unsweetened applesauce
1/4 cup orange juice (freshly squeezed is best)
zest of 1 large orange
1 tsp vanilla
2 eggs
1 cup shredded carrots

DIRECTIONS

1. Preheat the oven to 350°F and line muffin tin with muffin liners.
2. In a small mixing bowl, stir together your dry ingredients; oat and almond flour, flax, baking powder, baking soda, salt, cinnamon and ginger.
3. In a large bowl, whisk coconut oil, maple syrup, applesauce, orange juice, zest, vanilla and eggs.
4. Pour the dry ingredients into the wet ingredients and stir until everything is well incorporated.
5. Then fold in the shredded carrots and mix until just combined.
6. Pour batter into the prepared muffin tin, filling each about 3/4 way full.
7. Bake in the preheated oven for 17 - 20 minutes, or until a toothpick inserted comes out clean.
8. Let cool in pan for 10 minutes then remove to a cooling rack.

HOW TO MAKE YOUR OAT FLOUR

1. Place oats in the bowl of a high-speed blender, or a food processor.
2. Process for 1 to 2 minutes until the oats are ground into a fine, flour consistency.
3. Store in an airtight container for up to a month at room temperature or up to 3 months in the freezer.

WHAT KIND OF OATS TO BUY?

I like to use old-fashioned oats, but quick cooking oats work too, you can buy certified gluten-free if necessary.

I have not tried to make oat flour from steel-cut oats but I am sure it would work; you may need to process a bit longer.

COOKS NOTES

All ingredients should be room temperature.

These muffins are best stored in a fridge and will last about a week.

Go ahead and add some nuts, seeds or dried fruit to these muffins.