

Carrot Oat Muffins

Sharon Benedict

Home & Harvest, Healthy Eating on Rotation

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Day 2 Rotation = Give these a try. They are very moist and have a pleasant flavor.

Breads, Biscuits, and Batter, Day 2 Rotation

Servings: 12

Yield: 1 serving

1/4 cup safflower oil

1/4 cup water

1/3 cup fructose

2 each egg white, Large

1/2 cup oat milk

1/4 teaspoon cloves

1 teaspoon ginger

1/4 cup date sugar

1/2 teaspoon sea salt

2 teaspoons baking powder, aluminum free, corn type

2 tablespoons oat flour

3/4 cup rolled oats

1 cup sorghum flour, option: you can substitute Quinoa flour in part or all

2 cups shredded carrot

1/2 cup dates, chopped



Place all dry ingredients together. Then in a separate bowl mix all liquid ingredients, including fructose and date sugar.

Add chopped dates and carrots to liquid ingredients. Mix until blended.

Pour liquid mix into dry ingredients. Stir until blended.

Place parchment paper in the bottom of each muffin tin. Pour batter in each tin to about 3/4 full.

Bake at 350 deg F for 30-35 minutes.

Remove from oven. Let sit for about 10 minutes. Remove muffins and parchment paper from each muffin and let cool on wire rack for another 15 minutes.

Serve warm or stove in refrigerator in a sealed container. These muffins freeze well.

Preparation

Time: 20

minutes

Start to Finish

Time: 1 hour

Per Serving
(excluding unknown items): 224
Calories; 5g Fat
(21.2% calories from fat); 5g Protein; 39g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 183mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.