

Morning Glory Muffins

11 ingredients · 40 minutes · 9 servings



Directions

1. Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
2. In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
3. In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
4. Combine the wet and dry ingredients and mix well.
5. Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
6. Remove from oven. Let cool and enjoy!

Notes

No Raisins

Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy

Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Special Touch

Serve with raw honey or organic butter.

Ingredients

- 1 cup Almond Flour
- 1 cup Oats
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup Organic Raisins
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 2 Carrot (grated)
- 1 Banana (ripe and mashed)