

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Magical Morning Muffins

*Yield: Yields 16-24 muffins
OR 1 9x13 cake, OR 2 loaves*

INGREDIENTS:

2 1/2 Cups oat flour*
1 1/2 tsp. baking soda
1 1/2 tsp. cinnamon
1 1/4 tsp. nutmeg or allspice
1 Tbs. ground flaxseed
1/2 tsp. sea salt
1/2 Cup pure maple syrup (you can use agave or honey in a pinch!)
1/2 Cup unsweetened applesauce
1/2 Cup Extra Virgin Olive Oil

4 large eggs
1 tsp. vanilla
3 1/2 Cups grated carrots
1 large apple, grated (you can leave the skin on for added fiber)
1/2 Cup dried currants or raisins
1/2 Cup walnuts, chopped (or nut of choice! or omit if nut allergy)
1/2 Cup dried unsweetened coconut, shredded



DIRECTIONS:

1. Preheat oven to 350 degrees. In a mixing bowl, combine the first six ingredients (oat flour - salt).
2. In separate bowl combine wet ingredients (maple syrup - eggs), add to dry ingredients and mix until all ingredients are well blended.
3. Add in rest of ingredients (vanilla – coconut) and gently combine.
4. Pour the batter into greased or paper-lined muffin tins (or use a 9x13 cake pan, or two standard loaf pans). If you have any extra coconut, sprinkle some on top (looks nice!).
5. Bake for 35-40 minutes (if using cake pan, bake for approximately 1 hour).
6. Set on wire rack to cool for a few minutes, and then turn out the muffins on to a wire rack to cool completely. For Cake: run knife around the edges of the pan to loosen, and then turn cake out on wire rack to cool.

*If you can't find oat flour, make it by grinding rolled oats in a food processor or spice grinder. Make sure to add in an extra 1/2 cup of oats then re-measure after they are all finely ground to get 2 1/2 cups oat flour.

Compliments of Eat Your Heart Out Edibles

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