

Gluten-free Breakfast Muffins

BY VALERIE PICCITTO, RHN, CNE

INGREDIENTS

Makes 12 muffins

3/4 cup almond flour
1/2 cup buckwheat flour
1/2 cup + 2 Tbsp coconut sugar
1/2 tsp baking soda
1/2 tsp baking powder
1 tsp cinnamon
1/2 tsp sea salt
3/4 cup oats
1/4 cup ground flaxseed
3 Tbsp coconut oil, melted
1/4 cup unsweetened applesauce
1 large egg
1 tsp vanilla extract
1/3 cup non-dairy milk
2 small carrots, shredded
1 apple, shredded



DIRECTIONS

1. Preheat oven to 400F. Line muffin tin with muffin liners or grease well.
2. In a large bowl combine flours, sugar, baking soda, baking powder, cinnamon and salt. Stir in oats and ground flax.
3. In a separate bowl combine oil, applesauce, egg, vanilla and milk.
4. Add wet ingredients to dry and mix until fully combined. Fold in shredded carrot and apple.
5. Fill muffin cups with 1/4 cup of batter in each. Bake for 23-25 minutes or until a toothpick inserted into the centre of the muffin comes out clean.
6. Transfer to a cooling rack or enjoy warm.

LINK: <http://valeriepiccitto.com/blog/gluten-free-breakfast-muffins>

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