Carrot Quinoa & Oat Muffins

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0

Ingredients:

- 6 tbsp chia seeds
- 1 cup water
- 1 3/4 cups oat flour
- 3/4 cup spelt flour
- 2 cups cooked quinoa
- 1 tbsp baking powder
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 1/2 cups oat milk
- 1/4 cup melted coconut oil
- 3 tbsp honey
- 3 tbsp coconut sugar
- 1/2 tsp vanilla
- 1/2 cup walnuts, chopped
- 1/2 cup grated carrot
- 1/4 cup raisins

Instructions:

- 1. Pre-heat the oven to 425F or 210C. Prepare a muffin tin with 12 cupcake cases.
- 2. Miix the chia seeds with the water and set aside for 10minutes until it turns into a thick gel.
- 3. Mix the dry ingredients together in a large bowl $\ \square$ oat, spelt, quinoa, baking powder, baking soda, cinnamon, and salt.
- 4. Once the chia seeds have gelled, add the milk, oil, honey, coconut sugar, carrots, vanilla and mix well. Pour into the dry mixture and fold a few times, adding the walnuts and raisins in the last couple of strokes.
- 5. Divide the batter equally into the muffin cases. Place in the oven and bake for 10minutes. Reduce the temperature to 350F or 180C and continue to bake for 30-35 minutes. Cool and eat as a snack or on the go breakfast!