
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. Mix the chia seeds with the water and set aside for 10 minutes until it turns into a thick gel.
3. Mix the dry ingredients together in a large bowl – 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 10 minutes. 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!