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# Date Oat Muffin Tops

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 2 cups rolled oats
- 1 tsp cardamom powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup dates, chopped small
- 2 tbsp date sugar (or coconut sugar)
- 2/3 cup unsweetened almond milk
- 2 tsp apple cider vinegar

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Instructions:

1. Pre-heat the oven to 400F or 200C. Line a baking tray with parchment paper or a silicone mat.
2. Add the vinegar to the almond milk, and set aside to curdle.
3. Place the oats into your food processor and grind into a rough flour.
4. Add the cardamom, baking soda and salt and pulse a couple of times to mix.
5. Add about 3/4 of the dates (reserve the rest for topping the muffin tops) in stages and pulse a few times. You want the dates to get coated with the oat mixture and not stick together.
6. Pour the milk, and then pulse just until you have a dough.
7. Scoop out about a 1/4 cup of dough, maybe a little less, to make 8 muffin tops. Flatten slightly before adding the remaining chopped dates.
8. Bake for 15mins. Let cool, then drizzle or serve with tahini and date syrup, or jam.