

Week of Menus

Hearty Fruit and Oat Muffins

Makes 12 regular sized muffins

Ingredients

1 cup flour
1 cup oatmeal, pulsed in food processor, or 1 cup oat flour
2 teaspoons ground cinnamon
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt

¾ cup coconut milk, almond milk, or regular milk (depending on your allergy needs)
¾ cup brown sugar
½ cup mild vegetable oil (or coconut oil)
2 large eggs
1 cup grated/shredded carrots
¾ cup grated apple
½ cup dried cranberries or raisins
½ cup shredded coconut

Method

Preheat oven to 350 degrees. Line a muffin tin with paper liners or grease pan well.

In a small bowl whisk together flour, oatmeal flour, cinnamon, baking powder, baking soda and salt. Set aside.

In a larger bowl, mix together milk, brown sugar, vegetable oil, eggs, carrots, apple, cranberries and coconut. Carefully add flour mixture into wet mixture and stir until just combined. Do not overmix.

Divide batter among 12 muffin cups. Bake for 22-25 minutes.

Allow muffins to cool in pan for 5 minutes, then remove and serve warm or room temperature. Store in a tightly sealed container at room temperature for 3 days.