

GLUTEN FREE CARROT & DATE MUFFINS

A GREAT ACCOMPANYMENT TO YOUR FAVORITE AFTERNOON TEA OR LATTE

INGREDIENTS

- 2Tbsp ground flaxseed
- 1/2cup water
- 1/4cup extra virgin olive oil
- 1/2cup coconut sugar
- 2cups grated carrot
- 2cups all purpose gluten-free flour
- 2tsp baking powder
- 1tsp Cinnamon
- 1/2tsp sea salt
- 1/2 cup of chopped pitted dates

DIRECTIONS

1. Preheat oven to 350 F and line muffin tray with paper or silicone liners.
2. Mix flaxseed and water in a large mixing bowl and set aside to congeal, then add oil and sugar and whisk well. Add carrots.
3. In separate bowl mix flour, baking powder and salt. Add dry ingredients to the wet and mix. Batter will be thick. Fold in dates and leave some for the top.
4. Evenly divide batter between muffin cups. Top each muffin with reserved chopped dates.
5. Bake for 20mins or until toothpick comes out clean.



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