

Kitchen Therapy **Carrot Oat Muffins**

makes 10-12 muffins

ingredients	metric measures
1 cup certified gluten free oatmeal	100 gm
1/2 cup buttermilk	120 ml
1 egg	50 gm
1/4 cup canola oil	60 ml
1 cup certified gluten free oat flour	100 gm
3/4 cup dark brown sugar	110 gm
1 teaspoon xanthan	4 gm
1 teaspoon baking powder	4 gm
1/2 teaspoon salt	8 gm
1/2 teaspoon cinnamon	1 gm
1/4 teaspoon nutmeg	pinch
1 1/2 cups shredded carrot, packed	150 gm
1/4 cup raisins	30 gm
1/4 cup walnuts	

Preheat oven to 425 degrees.

In a small bowl, mix together oatmeal, buttermilk, egg, and oil. Set aside for about 10 minutes to allow oatmeal to soften.

In a large bowl, mix together flour, dark brown sugar, xanthan, baking powder, salt, cinnamon, and nutmeg.

Add the oatmeal mixture to the flour mixture. Add the shredded carrots, raisins, and walnuts. Blend well.

Prepare muffin pans and allow batter to rest for 5-10 minutes. This gives the xanthan time to absorb some liquid and your muffins will raise better.

Scoop batter into muffin cups and bake for about 20-25 minutes.

Click the following links for more information

Oat nutrition <http://whfoods.org/genpage.php?tname=foodspice&dbid=54#descr>

Eggs <http://blog.kitchentherapy.us/2009/04/e-is-for-eggs/>

Antioxidants in sweeteners <http://blog.kitchentherapy.us/2009/08/antioxidants-in-sweeteners/>

Xanthan <http://blog.kitchentherapy.us/2009/07/how-to-use-xanthan/>

Kitchen Therapy
Overcome your gluten free kitchen issues.
<http://blog.kitchentherapy.us>

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