



Fall Muffins

Ingredients

MUFFINS

- 👑 2 cups (500 ml or 240 g) all purpose flour
- 👑 1 cup (250 ml or 90 g) quick cook oat flakes
- 👑 1 1/2 cups (375 ml or 270 g) brown sugar
- 👑 2 tsp (10 ml) baking powder
- 🏠 1/2 tsp (2,5 ml) ground cinnamon*
- 🏠 1 pinch of salt
- 🏠 2 eggs*
- 🏠 1/2 cup (125 ml) vegetable oil
- 👑 1/2 cup (125 ml) orange or apple juice
- 👑 1 1/2 cups (375 ml or 165 g) grated carrots*

YOU WILL NEED

- ★ 12 muffin paper cups (optional)
- ★ 12 muffin tin*
- ★ bowl (large)
- ★ bowl (small)
- ★ cutting board
- ★ grater
- ★ paring knife
- ★ peeler
- ★ set of measuring spoons
- ★ set of measuring cups
- ★ whisk
- ★ wooden spoon

SUGGESTED ALTERNATIVES

- *CINNAMON → spices of your choice (nutmeg, cloves, etc.)
- *1 EGG → 1/2 mashed banana, 2 tbsp yoghurt, 1/4 cup of applesauce, 1/4 cup pureed squash or sweet potatoes, 1 tbsp chia seeds OR ground flax seeds in 3 tbsp water
- *GRATED CARROTS → grated and drained zucchini
- *MUFFINS TINS → bread or cake pan (cooking time must be adjusted)

continuation of the recipe

Preparation

MUFFINS

- 1 Preheat the oven to 350 °F.
- 2 Lightly oil the inside of a 12 muffin tin or line them with paper cups. Reserve for later use.
- 3 In a large bowl mix all the dry ingredients together (flour, oat flakes, sugar, baking powder, cinnamon and salt). Reserve for later use.
- 4 In a small bowl, whisk together the eggs, oil and juice. Add the carrots and mix together.
- 5 Add the egg mixture to the dry ingredients and carefully mix together. **WARNING** do not over-mix the batter or the muffins will develop an elastic like texture and won't be as tasty.
- 6 Equally divide the batter among the 12 muffin cups.
- 7 Bake in the oven for 25 minutes or until a toothpick inserted in the center comes out clean.

BONUS: ICING

INGREDIENTS

- 🏠 3 ½ cups (875 ml or 440 g) icing sugar
- 🏠 1 cup (250 ml) softened cream cheese
- 🏠 ½ cup (125 ml or 115 g) softened unsalted butter

PREPARATION

- 1 Make sure the muffins are completely cooled prior to icing.
- 2 Mix the icing sugar, cream cheese and butter.
- 3 Frost the muffins using a spoon or a pastry bag fitted with a nozzle. Get creative decorating the muffins such as adding grated carrots, spices, coconut or any other ingredients you may like.

CHEF'S TIP

CHANGE YOUR MUFFINS TO YOUR TASTE!

- ➔ Add ½ cup of:
 - ➔ dried fruits (raisins, dates, etc.)
 - ➔ nuts
 - ➔ seeds
 - ➔ chocolate chips
- ➔ Add 1 tsp of vanilla extract for more flavour.