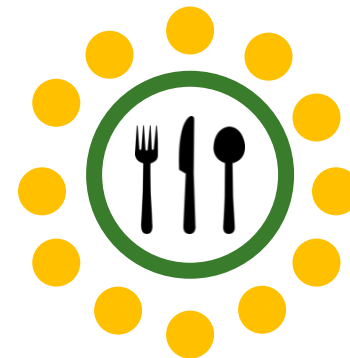


recipe of the week:

## Carrot Apple Muffins



### ingredients:

1.5 flax eggs (mix 3¾ tbsp. ground raw flaxseed + 2 tbsp. water & let sit 5 minutes)

¼ cup olive oil

⅓ cup mashed very ripe banana

¼ cup agave nectar or maple syrup

½ cup unsweetened applesauce

½ cup brown sugar

½ tsp. sea salt

1½ tsp. baking soda

½ tsp. ground cinnamon

½ cup plain almond milk, unsweetened

1 cup grated carrot

¾ cup gluten free rolled oats

½ cup almond meal

1 cup + 2 tbsp gluten free flour blend

¼ cup raw walnuts, chopped

### directions:

1. Preheat oven to 375° & lightly grease muffin tin

2. Whisk flax eggs, mashed banana, agave, olive oil to combine

3. Add applesauce, brown sugar, baking soda, salt, cinnamon & whisk to combine

4. Add almond milk, carrots oats, almond meal, gluten free flour blend & stir

5. Fill 12 muffin tins filling them all the way to the top

6. Bake 32-36 minutes until an inserted toothpick comes out clean

7. Remove from oven and let stand 15 minutes

Presented by:

