



VANILLA CARROT MUFFINS



INGREDIENTS

ITEM	QUANTITY
• Certified Gluten-free Oat Flour	1½ Cups
• Baking Powder	1 Tsp.
• Ground Cinnamon	½ Tsp.
• Salt	¼ Tsp.
• Large Eggs	2
• Lactose-free Milk	½ Cup
• Light Brown Sugar	¼ Cup
• Pure Vanilla Extract	1 Tsp.
• Finely Grated Carrots	¾ Cup
• Chopped Pecans (Optional)	2 Tbsp.

SERVING SIZE 4



PREPARATION

- Preheat the oven to 350°F (175°C). Line a 6-cup muffin tin with paper liners or lightly grease each cup.
- In a large mixing bowl, whisk together the oat flour, baking powder, cinnamon, and salt until well combined.
- In a separate bowl, whisk the eggs, lactose-free milk, brown sugar, and vanilla extract until the sugar has dissolved and the mixture is smooth.
- Pour the wet ingredients into the dry ingredients and stir gently until just combined. Avoid overmixing, as this can make the muffins dense.

- Fold in the grated carrots and chopped pecans, if using, until evenly distributed throughout the batter.
- Divide the batter evenly among the six muffin cups, filling each about three-quarters full.
- Bake for 20-24 minutes, or until the tops are lightly golden and a toothpick inserted into the center comes out clean.
- Allow the muffins to cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.