



Vegan Oatmeal Raisin Muffins (12 servings)

Ingredients

1½ batches flax eggs (*1½ tablespoon flaxseed meal + 4 tablespoons water*)

1/2 cup apple sauce

2 tablespoons banana, ripened and slightly mashed

2/3 cup coconut sugar

1/4 cup maple syrup

1/4 cup olive oil

1 teaspoon vanilla extract

2 teaspoons baking soda

1/4 teaspoon sea salt

1/2 teaspoon ground cinnamon

1/2 cup almond milk

3/4 cup rolled oats, gluten-free

1/2 cup chopped walnuts

1½ cups oat flour

Preparation

Preheat the oven to 350 degrees F (174 C). Lightly grease a standard size muffin tin and dust with gluten free flour, shaking off any excess flour. In a large mixing bowl, combine flax egg ingredients. Let stand 5 minutes to set. Slightly mash banana, leaving some chunks for texture. Add banana, apple sauce, sugar, maple syrup, olive oil, and vanilla extract to the flax eggs and whisk for one minute, whisk in almond milk.

Stir in baking soda, salt, cinnamon, add gluten-free oats, and oat flour blend and stir just until combined, add wet ingredients. The batter should be thick and scoopable. Divide batter evenly among 12 muffin tins.

Bake for 27-32 minutes, or until tops are golden brown and a toothpick, or knife, comes out completely clean.

Because the gluten-free flour blend takes longer to cook all the way through, it's better to slightly over-bake these muffins than to under-bake them.

Let the muffins cool for 5 minutes in the tin, then gently remove and cool completely on a cooling rack. Enjoy warm, or at room temperature.



Note:

When completely cooled, these muffins can be stored in a covered container at room temperature, for 3-4 days, though best when eaten fresh. Freeze for longer term storage.

Nutritional Information (1 muffin serving)

<i>Calories:</i>	301
<i>Fat:</i>	12.7 g
<i>Saturated Fat:</i>	3.1g
<i>Trans Fat:</i>	0 g
<i>Cholesterol:</i>	0 mg
<i>Sodium:</i>	341mg
<i>Carbohydrates:</i>	52.6 g
<i>Sugar:</i>	27g
<i>Fiber:</i>	4.9g
<i>Protein:</i>	4.6 g