

Powerhouse Zucchini and Carrot Muffins, Gluten Free

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Good for vata and pitta doshas, kapha dosha in moderation

These muffins are packed full of veggies but your kids won't fuss about it. It's sweetened with a small amount of maple syrup since it has plenty of naturally sweet ingredients. Also, a nice gluten free option since it's made with almond flour and oats. Spices chosen to help support digestion and add to it's wonderful flavor. Eat it for breakfast or as a healthy snack.



INGREDIENTS

- 2 cups almond meal
- 1 cup gluten free old-fashioned rolled oats
- 1/2 cup chopped nuts or seeds (walnuts, pecans, sunflower seeds or pumpkin seeds)
- 1/2 cup raisins
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1 clove, ground
- 1 teaspoon baking soda
- 1/2 teaspoon fine Himalayan mineral salt
- 3 eggs, beaten
- 1 cup grated zucchini (about 1 zucchini)
- 1 cup grated carrot (about 2 carrots)
- 2 small very ripe bananas
- 5 tablespoons ghee
- Zest of a small lemon
- 2 oz real maple syrup
- 1 teaspoon vanilla
- Unbleached paper muffin cups (If You Care Large Baking Cups is what I use)

INSTRUCTIONS

- Preheat oven to 350°F. Line 2 - 12-cup standard muffin tin with paper muffin cups. You will need to line 18-20 muffin cups.
- In a large bowl, combine almond meal, oats, chopped nuts, raisins, ground spices, baking soda, and salt.
- In a small bowl, beat eggs, then set aside. In a medium size bowl, mix together thoroughly the eggs, zucchini, carrot, lemon zest, bananas, ghee, maple syrup, and vanilla.
- Add the wet ingredients to the dry ingredients, mixing until just combined.
- Spoon the batter into the muffin cups filling each to the brim (does not rise very much).
- Bake until the muffins are nicely browned on top and a toothpick inserted in the center of a muffin comes out clean, about 30 to 40 minutes.

Note:

I like to use frozen bananas to concentrate the sugars. When your banana gets very ripe, place it in the freezer with the skin on.

Nutrition for 1 muffin:

Calories 188 cals	10%
Average Food Grade B	
Total Fat 13g	22%
Saturated Fat 4g	
Trans Fat 0g	
Cholesterol 35mg	
Sodium 19mg	1%
Total Carbohydrates 16g	8%
Dietary Fiber 3g	12%
Total Sugars 7g	6%
Net Carbs 13g	7%
Protein 5g	4%
Calcium 44mg	4%

This recipe was inspired by the Super Hero Muffin Recipe:
<https://runfasteatslow.com/blogs/news/superhero-muffins>