

Millet Muffins



INGREDIENTS

2.5 cups Oat Flour
1 cup uncooked Millet
4 tsp. Cinnamon
1 tsp. Ginger
1 tsp. Nutmeg
4 tsp. Baking Powder
1/2 tsp. Baking Soda

1/2 cup Maple Syrup or honey
1.5 cups applesauce
1/2 cup oil (coconut or olive)
1/3 cup plus 1 tsp milk (whole, oat or coconut)
4 cups shredded carrots

STEPS

Preheat oven to 375 F

Oil a mini muffin pan with olive oil

Mix all dry ingredients together. Fold in grated carrots. Mix in wet ingredients

Bake 15-20 minutes

Makes ~50-70 mini muffins