



Rhianna's Superhero Muffins

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My neighbor made these muffins for me after my second kid. I have a gluten allergy and these are gluten free (if made with GF oats).

While it may seem daunting there are a few tricks that can make them easier to make which I note below. The original recipe is from the cookbook Run Fast Eat Slow."

**RHIANNA BERNAL
NEIGHBORHOOD DEVELOPMENT**

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PREP TIME

10 mins

COOK TIME

25 - 25 mins

SERVINGS

12

INGREDIENTS

- 2 cup almond flour/meal
- 1 cup rolled oats
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon baking soda
- ½ teaspoon fine sea salt (or any salt)
- ½ cup chopped walnuts (can be omitted)
- ½ cup raisins
- 3 eggs, beaten
- 1 cup grated zucchini (~ 1 zucchini)*
- 1 cup grated carrot (~2 carrots)*
- 6 tablespoons melted unsalted butter (I have replaced this for canola oil if they need to be dairy free. Also, if I only have salted butter I will use less salt than what is suggested above)
- 1/2 cup maple syrup (I am sure this could be replaced with honey or brown sugar, but being born and raised in VT I only use maple syrup)
- 1 teaspoon vanilla extract

**These can be replaced with 2 cups of any other fruit or squash puree for a pumpkin muffin. I've made them with bananas and butternut squash (on separate occasions). Another tip is to grate double or triple the amount at once and freeze the rest in 1 cup portions for quick access next time.*

PROCEDURE

1. Position rack in center oven and preheat to 350 degrees.
2. Combine almond meal, oats, cinnamon, nutmeg, baking soda, salt, walnuts & rasins.
3. In a separate bowl, mix eggs, zucchini, carrots, butter, maple syrup & vanilla. Add wet ingredients to dry ingredients, mixing until just combined.
4. Spoon batter into muffin tins and bake until muffins are browned 25 - 35 minutes. If using a cake pan the cooking time is longer (10+ min) and I check the middle with something sharp to see if it comes out clean (that's when it's done).