

carrot muffins

These delicious, allergy friendly muffins contribute to children's vegetable intake over the day.

ingredients

Serves 5

- 1 ½ cups (150g) gluten free self raising flour
- ½ cup (60g) rice bran
- ¼ cup (60g) sugar
- 1 teaspoon cinnamon, ground
- 3 medium (180g) carrots, grated
- 1 medium (150g) apple, grated
- 2 teaspoons egg replacer
- 4 tablespoons water
- 1 cup (250mL) rice milk
- ¼ cup (60mL) canola oil
- 1 teaspoon pure vanilla essence

method

1. Preheat oven to 200°C. Lightly grease muffin trays or line trays with paper cases.
2. Combine flour and rice bran or quinoa flakes with sugar and cinnamon in a bowl. Stir in grated carrot and apple.
3. Mix egg replacer with water. Add rice milk, oil and vanilla essence.
4. Add egg replacer and milk mixture to flour and sugar mixture and mix until just combined. Do not over mix or the muffins will be tough.
5. Spoon mixture evenly into muffin trays or cases.
6. Bake for 20 to 25 minutes until cooked and brown on top.



For a low FODMAP version, replace apple with mashed banana.

For a low salicylate, amine and glutamate version, replace grated apple and carrot with a similar quantity of diced pears and omit cinnamon.