

Mini Carrot Cake Muffins

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Recipe adapted from BabyFoode.com

- 1 cup dry old-fashioned oats
- 1 ripe banana
- 1/4 cup applesauce
- 1/3 cup shredded carrots
- 1 egg
- 3 tablespoons maple syrup
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup golden raisins (roughly chopped)

Instructions

1. Preheat oven to 350 degrees F. Spray or line a mini muffin tray.
2. In a blender, add in the oats, banana, applesauce, carrots, egg, maple syrup, cinnamon, and nutmeg. Blend until all of the oats are completely broken down.
3. Add in the baking powder, baking soda, and salt and blend on low for 20 seconds. Add in the raisins and mix by hand.
4. Spoon the muffin batter out of the blender and fill the muffin tin 2/3 the way full.
5. Bake for 8-10 minutes or until golden brown on top. Let cool completely and then serve.
6. Once cool, place muffins in plastic bag and store in the freezer. To reheat - remove liner, wrap in damp paper towel, heat for :30 or until warm.

Yield - 24 mini muffins