

Gluten-free Good Morning Muffin



45 MIN prep, 35 MIN baking

12 Muffins

Easy

Ingredients

- 2 cups gluten-free flour mix* see note below
- 1 teaspoon xanthan gum
- $\frac{3}{4}$ cup agave syrup, coconut sugar, whole sugar, monk fruit or maple granules**
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- 1 cup grated carrots
- 1 cup grated, peeled parsnips
- $\frac{1}{4}$ cup chopped dates
- $\frac{1}{4}$ cup raisins or currants
- $\frac{1}{2}$ cup toasted pecans or walnuts
- $\frac{1}{2}$ cup shredded coconut
- 1 Granny Smith apple

- 2 eggs or see the sidebar for vegan egg replacement options
- 1 cup organic sunflower oil
- 2 teaspoons vanilla extract

Instructions

- Position a rack in the center of the oven and preheat to 350° F.
- Line a muffin pan with unbleached muffin cups or use silicon muffin pans so they will pop right out.
- Mix the dry ingredients: Sift the flour, baking soda, cinnamon, and salt into a mixing bowl. *If you are using maple granules or sugar rather than one of agave add it to the dry ingredients.
- Stir in the carrots, parsnips, raisins, pecans, coconut, and apple.
- In another bowl, combine the eggs, sunflower oil, agave (if that's what you're using instead of maple granules or sugar) and vanilla extract and whisk until smooth.
- Add the wet mixture to the dry ingredients and stir until the batter is well mixed.
- Using an ice cream scoop, scoop up the batter and fill the muffin cups.
- Bake until the muffins spring back to the touch and are golden brown, about 35 minutes.
- Using oven mitts or potholders, carefully remove the muffin pans from the oven and transfer to a wire rack to cool for 5 minutes or so.
- Remove the muffins from the muffin pan and set them aside to cool completely

Notes

*A note about gluten-free flour blends. In The Nourishing Well Kitchen, we make our own blend using America's Test Kitchen's recipe, minus the nonfat milk powder. There are a number of nice gluten-free flour mixes on the market now, but each will lend a slightly different texture to the muffins.

Substitutions

**Agave syrup can be substituted with equal amounts of maple syrup or 1 cup maple granules, monk fruit, or whole sugar. You can also try coconut nectar (liquid). Each will lend a different flavor to the muffins and you may need to experiment with changing the proportions slightly to get the desired level of sweetness.