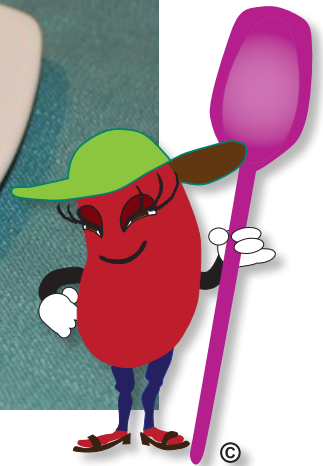


Beans, Rice And Everything Nice

Vanilla Chai Carrot Muffins



beansriceeverythingnice.weebly.com

Ingredients

makes 6 muffins

120 grams (1 cup) Bob's Red Mill
Gluten-Free All Purpose Flour
3/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoons salt (optional)
1/2 teaspoon psyllium husk powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1/4 teaspoon ground ginger
1/8 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1 bag rooibos tea
1/2 cup boiling water
1-1/2 teaspoons ground flax seed
1-1/2 Tablespoons warm water
1/4 cup apple sauce
1/4 cup demerara sugar
1 teaspoon vanilla extract
1/2 cup grated carrot (about 1 carrot)
1/4 cup raisins (optional)

1. Preheat the oven to 190C (375F). Line a muffin tin with parchment or silicone muffin liners. Add 1 rooibos tea bag to 1/2 cup of boiling water and let steep for 10 minutes. Combine the ground flax seed with the warm water. Peel and grate the carrot. Set everything aside while you prepare the other ingredients.
2. In a large mixing bowl, combine the flour, baking powder, baking soda, psyllium husk powder, salt, and spices. Whisk to combine and set aside.
3. In a medium mixing bowl, add the applesauce, sugar, flax gel, vanilla and rooibos tea. Whisk to combine.
4. Add the wet ingredients to the dry. Combine until smooth. Don't worry about over mixing. Fold in the grated carrot and the raisins.
5. Fill each muffin liner with about 1/4 cup of muffin batter. Bake in the 190C (375F) preheated oven for 25-30 minutes. The tops will look lightly browned and a toothpick inserted in the middle will come out clean but a little moist. Let cool completely before serving.