

Superhero Muffins

Run Fast. Eat Slow by: Elyse Kopecky and Shalane Flanagan

This is a fantastic breakfast or post work out snack. Made to be gluten free and without processed sugars or flours. Our granddaughter, Alexis Redden, introduced us to this treat.



Ingredients:

- 1 1/2 cups almond meal
- 1 1/2 cups old fashioned rolled oats
- 1/2 cup chopped walnuts or pecans
- 1/2 cup semi-sweet chocolate chips
- 1/2 cup tart cherries
- 2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1 tsp. baking soda
- 1/8 tsp. fine sea salt
- 3 eggs, beaten
- 1 cup grated zucchini (about 1 zucchini)
- 1 cup grated carrot (about 2 carrots)
- 6 Tbsp. butter, melted
- 1/2 cup Grade A maple syrup
- 1 tsp. vanilla

Equipment:

- Muffin tin
- Two mixing bowls
- Cheese/vegetable grater
- Small saucepan with a lid

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☑	Directions	Time (min)
	Preheat oven to 350°F and grease muffin tin using cooking spray.	1
	In one large mixing bowl, combine all dry ingredients (the first 9)	5
	Add 6 Tbsp. butter to a small saucepan, cover, and heat on stove over medium-low heat until fully melted.	7
	While butter is melting, beat 3 eggs in a separate mixing bowl for the wet ingredients.	1
	While butter is melting, grate a zucchini and 2 carrots into a separate mixing bowl.	10
	Take the butter off the heat and allow to cool slightly (enough to not cook the eggs) before combining with the rest of the wet ingredients.	3
	While butter is cooling, add 1 tsp. vanilla and 1/2 cup maple syrup to wet ingredients and stir to thoroughly combine.	2
	Add the dry ingredients slowly to the wet ingredients and stir to combine. Batter should be quite moist.	3
	Spoon batter into the greased muffin tin. This should produce 12 very full muffin tins.	5
	Bake at 350°F for 28-30 minutes.	30
Total: 28 min. prep, 30 min. cooking		