

orange oat muffins the kettlebell club



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ORANGE OAT MUFFINS

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Yield: 9 muffins

INGREDIENTS

1 medium seedless orange, washed, preferably organic (do not peel)
1 tablespoon ground flax seeds
1/3 cup chopped prunes – they should be soft
3 tablespoons sunflower or other light-tasting oil, preferably organic
1/3 cup coconut sugar
1 tablespoon blackstrap molasses
2 tablespoons psyllium husks
¾ cup unsweetened almond milk
1 cup Cup-4-Cup Gluten Free Flour
1 tablespoon baking powder
1 teaspoon baking soda
1 cup old fashioned rolled oats

INSTRUCTIONS

1. Preheat the oven to 375°F. Line 9 muffin cups with paper liners or spray with non-stick spray.
2. Cut the orange into 8 sections. Trim the stem end to remove any hard bits and remove any pith from the middle. Process in the bowl of a food processor until almost smooth. Add the flax seeds, prunes, oil, coconut sugar, blackstrap molasses, psyllium and milk and process again until smooth. (It's okay if you see tiny flecks of prune or orange still in the mixture, but none should be larger than sunflower seeds.) Set aside while you measure the dry ingredients or at least for 2 minutes.
3.
In a large bowl, sift the flour, baking powder, soda, and salt; add the oats and mix to combine.
4. Pour the wet mixture over the dry and stir just until combined (it's okay if a few dry spots remain here or there). Do not overmix. Scoop the batter into the prepared muffin cups (they will be quite full).
5. Bake 15 to 20 minutes, rotating pan about halfway through. Insert a tester in a centre muffin; they are done when the tester comes out clean. Cool 5 minutes in the pan before removing to a rack to cool completely. These are even better the next day as flavours develop.

1. Heller, Ricki (2013). Naturally Sweet & Gluten-Free Allergy Friendly Vegan Desserts. South Portland, Maine: Sellers

References:

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ORANGE OAT MUFFINS

JULIE'S VERSION

Yield: 24 mini muffins

INGREDIENTS

2 clementines, washed, preferably organic (do not peel)
1 tablespoon ground flax seeds
3 medjool dates - soaked for 15 minutes in $\frac{1}{4}$ cup boiling water
3 tablespoons avocado oil
1 tablespoon blackstrap molasses
2 tablespoons psyllium husks
 $\frac{3}{4}$ cup unsweetened almond milk
1 cup Cup-4-Cup Gluten Free Flour
1 tablespoon baking powder
1 teaspoon baking soda
1 cup old fashioned rolled oats

INSTRUCTIONS

Follow above instructions. I found it was very dry mixing it together, so I used the water from the soaked dates to add a little more moisture. Only a little water is needed.

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