



APRICOT CARROT MUFFINS



Ingredients

Wet Ingredients

½ cup oil or soft butter
½ cup brown sugar
¾ cup mashed banana (2-3 bananas)
2 tsp vanilla
2 eggs
½ cup oat milk

Dry Ingredients

1 ¼ cups flour
1 cup rolled oats
1 tbsp baking powder
1 ½ tsp baking soda
1 tsp salt

Texture Ingredients

1 cup grated carrots
¾ cup diced dried apricots
½ cup dried currants



Instructions

Servings
18

Prep Time
25 mins

Bake Time
20-25 mins

Total Time
45 mins

1. Preheat the oven to 375° F.
2. Peel and grate the carrots, and dice the dried apricots, then set aside.
3. Cream together the oil, bananas, and brown sugar, then stir in the beaten eggs, vanilla and milk.
4. Add the dry ingredients to the wet ingredients, then combine to make a batter.
5. Gently fold in the carrots and dried fruit.
6. Fill your muffin tray with muffin cups.
7. Dollop a ¼ cup of batter into each muffin cup. Each cup should be about three quarters full.
8. Bake the muffins at 375° F for 20-25 minutes.
9. Once cooked, remove the muffins from the oven and let cool.
10. Serve topped with butter or warm compote.