



Apple Carrot Muffins

9 servings
25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk
1 Apple (shredded)
1 Carrot (shredded)

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 In a medium bowl, mix the apple and carrots into the batter.
- 4 Distribute batter in a greased muffin tin and bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	142
Fat	6g
Carbs	20g
Fiber	4g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	73mg
Vitamin A	1163IU
Vitamin C	3mg
Calcium	79mg
Iron	2mg