



Carrot, Apple & Ginger Muffins (gluten free)

Lovely. Not too sweet. Good texture.

- 105g brown rice flour
- 55g ground almond meal
- 80 potato flour
- 1½ teaspoons gluten free baking powder
- ¼ teaspoon baking soda
- ½ teaspoon fine sea salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 125ml good quality olive oil
- 60ml of runny honey
- 1 teaspoon vanilla extract
- 2 large free range eggs
- 2 teaspoons finely grated fresh ginger
- 1 large carrot, grated
- 1 apple, skin on and grated
- 80g pitted dates, finely chopped
- flaked almonds

1. Preheat the oven to 180°C/350°F. Grease and / or line 12 cup (medium size) muffin tin.
2. Sift the dry ingredients into a mixing bowl and whisk together thoroughly.
3. In a separate bowl, combine the oil, honey, vanilla, eggs and grated ginger.
4. Pour the oil blend into the flour blend. Add the carrot, apple and dates and stir until just combined.
5. Spoon evenly into the muffin tin, sprinkle the tops with the flaked almonds.
6. Bake for 20 - 25 minutes, or until a skewer poked into the centre of a muffin comes out clean.
7. Leave to cool in the tins for 5 minutes before transferring to a wire rack to cool completely.
8. A good lunch box treat or warmed slightly and served with a little butter and perhaps a smidge of honey.

Another Emma Galloway (My Darling Lemon Thyme) recipe. Always dependable.