



“Gluten-Free Morning Glory Blender Muffins”



Total Time: 45 minutes
Servings: 12
Serving Size: 2 mini-muffins

These gluten-free muffins use finely ground rolled oats in place of flour. That gives the fruit and nut-stuffed muffins a tender texture and fluffy crumb. To make the muffins even easier, everything is combined in the

Nutrition Information: Per 2 mini-muffins

Calories	159 calories
Total Fat	6.2 grams
Saturated Fat	0.9 grams
Fiber	2.1 grams
Sodium	137 milligrams
Cholesterol	31 milligrams
Carbohydrates	24.6 grams
Iron	1 milligrams
Protein	3.1 grams
Sugar	16 grams
Potassium	151 milligrams

Ingredients:

- 1 ½ cups rolled oats (see Tip)
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- 1 cup unsweetened applesauce
- ⅔ cup light brown sugar
- 2 tbsp. canola oil
- 1 tsp vanilla extract
- 1 cup shredded and coarsely chopped carrot
- ⅓ cup currants or chopped raisins
- ⅓ cup chopped walnuts or pecans
- 1 tbsp. unsweetened shredded coconut for garnish

Preparation:

1. Preheat oven to 350 degrees F.
2. Coat a 24-cup mini muffin tin with cooking spray.
3. Pulse oats in a blender until finely ground.
4. Add cinnamon, baking powder, baking soda and salt; pulse once or twice to blend.
5. Add eggs, applesauce, brown sugar, oil and vanilla; puree until smooth.
6. Stir in carrot, currants (or raisins) and nuts.
7. Fill the prepared muffin cups (they will be full). Sprinkle with coconut, if desired.
8. Bake the muffins until a toothpick inserted in the center comes out clean, 16 to 19 minutes.
9. Cool in the pan on a wire rack for 10 minutes, then turn out to cool completely.

Tips

People with celiac disease or gluten sensitivity should use oats labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

Source: [Gluten-Free Morning Glory Blender Muffins Recipe](#)

