



# Apple-Carrot Muffins

Recipe Gluten-free, dairy-free (casein-free),  
hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : **12**  
PREPARATION: **15 MINUTES**  
REST : **15 MINUTES**  
COOKING: **30 MINUTES**

## INGREDIENTS

- 250 g (1 cup) [applesauce](#)
- 30 ml (2 tbsp) plant-based milk substitute
- 5 ml (1 tsp) [chia](#)
- 5 ml (1 tsp) cider vinegar
- 210 g (1 1/2 cups) all-purpose flour "[La Merveilleuse](#)"
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 5 ml (1 tsp) cinnamon
- 2.5 ml (1/2 tsp) nutmeg
- 1 ml (1/4 tsp) salt
- 145 g (2/3 cup) cane sugar
- 65 g (1/3 cup) light olive oil
- 175 g (1 cup) grated carrots \*
- 85 g (1/2 cup) almonds (crush into small pieces)

## PREPARATION

1. In a bowl, combine applesauce, plant-based milk substitute, chia and cider vinegar. Let rest for about 15 minutes.
2. Preheat the oven to 180 °C (350 °F).
3. Combine flour, baking powder, baking soda, spices and salt. Set aside.
4. In another bowl, combine cane sugar, oil and previously soaked chia mixture. Beat with an electric mixer to emulsify oil and other liquid ingredients.
5. Stir the dry mixture into the liquids and beat with an electric mixer, until the batter begins to thicken (about a minute).
6. Add the grated carrots and almonds to the wooden spoon. Pour batter into a paper-lined muffin pan.
7. Bake on the centre rack for about 30 minutes, until a toothpick inserted in the middle comes out clean.



*Have these apple carrot muffins as a snack, so perfectly tasty and fluffy!*

## TIP

\* For grated carrots, I advise you to weigh the amount because the density will change depending on the size of your grater. For my part, for this recipe, I used the thinnest part of my grater, and I loved the end result!

\*\* Consider doubling the recipe and freezing some of it in individually packaged portions. You'll always have them on hand!

## VARIATION

You can replace almonds with walnuts or raisins.

## NUTRITION FACTS

Per portion	220 Calories
Fat: 10 g	15 %
Saturated 1 g	
Trans 0,1 g	6 %
Polyunsaturated: 2 g	
Omega-6: 1,5 g	
Omega-3: 0,3 g	
Monounsaturated: 6 g	
Cholesterol: 0 mg	
Sodium: 70 mg	3 %
Carbohydrate: 32 g	11 %
Fibres: 3 g	12 %
Sugars: 15 g	
Protéines: 3 g	
Vitamin A	25 %

Vitamin C	4 %
Calcium	8 %
Iron	6 %
Magnesium	15 %
Manganese	35 %
Phosphorus	15 %