

Gluten Free Oatmeal Cranberry Muffins

Low calorie and low-fat alternative to muffins. Perfect side for your morning coffee.

Categories

Gluten-free

Yields: 12 servings

Preparation time: 15 mins

Cooking time: 20 mins

Category: Breads and Snacks



Ingredients

Oatmeal (Avena), regular cooking	1 cup
Applesauce, canned, unsweetened	1 cup
Almond milk, plain or original, unsweetened	1/2 cup
Chia seeds	1.5 tablespoon
Vanilla extract	2 teaspoons
Coconut oil	1/4 cup
Coconut sugar, coconut	80 grams
Gluten free all-purpose flour	3/4 cup
Baking powder	1 teaspoon
Baking soda	1/2 teaspoon
Salt, sea salt	1/2 teaspoon
Cinnamon, ground	1 teaspoon
Walnuts	1/2 cup
Cranberries, fresh	3/4 cup

Instructions

1. In a bowl, combine oats, applesauce, and almond milk. Let sit at room temperature for about 20 minutes.
2. Grind chia seed in coffee grinder and place in bowl with 3 tbsp water. Mix well. Set aside.
3. In another bowl combine sugar, flour, baking powder, baking soda, salt, and cinnamon.
4. Preheat oven to 375 F. Grease 12 cup muffin cups with some coconut oil or use paper liners.
5. Add chia mixture, vanilla, and melted coconut oil to oat mixture. Stir until well combined.
6. Add the dry ingredients to the oat mixture and stir until well combined. Fold in walnuts (or pecans) and cranberries (fresh or 1/2 cup dried).
7. Scoop into muffin pan and bake for 18 - 20 minutes. Let cool for 10 minutes before transferring to wire wrack to complete cooling.