



Spicy carrot muffins

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

By: Cuisine l'Angélique



PORTIONS: 15
PREPARATION: 15 MINUTES
COOKING: 30 MINUTES

INGREDIENTS

- 1 box of [muffin mix](#)
- 7.5 ml (1 1/2 teaspoons) ground cinnamon
- 2.5 ml (1/2 teaspoon) ground nutmeg
- 1 ml (1/4 teaspoon) ground ginger
- 0.5 ml (1/8 teaspoon) ground cloves
- 2 large eggs (110 g) or [egg substitute with chia](#)
- 100 g (1/2 cup) light olive oil
- 280 g (1 cup plus 2 tbsp) plant-based milk substitute
- 5 ml (1 tsp) vanilla extract
- 220g (2 cups) grated carrots
- 75 g (3/4 cup) pumpkin seeds

PREPARATION

1. Preheat the oven to 350 °F.
2. In a bowl, combine muffin mix and spices. Set aside.
3. In another bowl, combine eggs, oil, plant-based milk substitute and vanilla extract. Beat with an electric mixer until foamy (about 2 minutes).
4. Stir in dry ingredients and mix, using an electric mixer, until batter begins to thicken (about 1 minute).
5. Add carrots and pumpkin seeds with a wooden spoon. Divide dough among Pour batter into muffin tins lined with paper moulds.
6. Bake on the centre rack for about 30 minutes, until a toothpick inserted in the middle comes out clean.



A healthy classic that will delight everyone!

VARIATION

Discover exciting [variations](#) with our muffin mix.

(Nutritional values soon available)