

Unleavened Carob Muffins

Ingredients:

- 2 cups whole oats
- ¼ cup + 1 tbsp. carob powder
- 1 cup coconut sugar or sucanat
- 2 tsp. sweet Ceylon cinnamon*
- a pinch of Pink Himalayan or Celtic Sea Salt
- 1 cup peanut or almond butter
- 1 tsp. vanilla bean powder or vanilla extract
- ¾ cup water
- ½ cup walnuts or almonds (optional)

Instructions:

1. Preheat the oven to 350°F or 180°C and line a muffin tin with 12 paper liners or lightly oil it.
2. Add all the ingredients (except the nuts) in the order listed to a food processor and process on high until well combined. You may have to stop the machine and scrape down the sides with a spatula once or twice.
3. If using nuts add them now and pulse a few times to mix them in.
4. Put 2 heaping tbsp. of batter into moistened hands and form into a ball (it doesn't have to be perfect), then set it in a muffin tin hole, and press it down a bit. Continue doing this until all the batter is used up. You should end up with 12 muffins.
5. Bake for 25 minutes or until a toothpick inserted in the center of a muffin comes out clean.
6. Let cool in the pan 10 minutes, then carefully remove and cool completely on a wire rack or clean kitchen towel.

Tip: You can serve these for breakfast as well, just leave out the sugar and add 1 cup of date paste or mashed banana instead. You may need to use a little less water, about ½ cup.

**Regular cinnamon is an irritant and can affect the delicate lining of the stomach. A mix of 2 parts coriander and 1 part cardamom can replace the cinnamon if necessary.*