

# Healthy carrot muffins

## INGREDIENTS

- 2 cups **rolled oats**
- 8 **dates**, pits removed
- 1/2 cup **olive oil**
- 1/4 cup **maple syrup (or honey)**
- 3-4 **carrots**, peeled and shredded (about 2 cups total)
- 2 **eggs**
- 1 teaspoon **baking soda**
- 1/2 teaspoon **cinnamon**
- pinch of **salt**
- **walnuts** or **raisins** or any other nuts

Preheat the oven to 350 degrees. Grate your carrots. Mix all ingredients in a blender until a chunky batter comes together. Pour batter into a greased or lined muffin tin. Bake for 15-18 minutes, until the tops gently spring back when you press into them. Smear warm muffins with butter and/or honey.