

Carrot and Orange Muffins (Low FODMAP and Gluten-Free)



The subtle orange flavours make all the difference in this delicious and moist muffin. Paired with Greek yogurt and fruit, it's the perfect breakfast!

Preparation 25 min

Cooking 13 min

Servings 12

Nutrition Facts (per serving)

Calories 125

Fat 7

Carbohydrates 12

Fibre 3

Protein 3

Sodium 20

Ingredients

- 250 ml (1 cup) large oatmeal
- 250 ml (1 cup) unsweetened soy beverage*
- 45 ml (3 tbsp) water
- 15 ml (1 tbsp) ground flaxseed
- Zest of one orange
- 250 ml (1 cup) whole wheat flour*

- 125 ml (1/2 cup) unsweetened shredded coconut (or other chopped nuts or seeds of choice)*
- 7.5 ml (1 ½ tsp) baking powder
- 2.5 ml (1/2 tsp) baking soda
- 2.5 ml (1/2 tsp) cinnamon
- 2.5 ml (1/2 tsp) ground ginger
- 60 ml (1/4 cup) canola oil
- 5 ml (1 tsp) vanilla extract
- 2 grated carrots (about 250 ml or 1 cup)

Preparation

1. Preheat the oven to 400°F (200°C) and grease 12 muffin cups.
2. In a large bowl, combine rolled oats, soy beverage, water and flaxseed. Let stand for 10 minutes.
3. In a second bowl, combine flour, brown sugar, coconut, baking powder, baking soda, cinnamon and ginger. Set aside.
4. Add oil and vanilla extract to the oats mixture and mix. Stir in dry mixture, then stir in carrots.
5. Using an ice cream scoop or a spoon, divide the mixture among the 12 muffin cups.
6. Top each muffin with shredded coconut.
7. Bake for 13 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Notes

Can be stored for 3 days in an airtight container at room temperature or 5 days in the refrigerator or 2 months in the freezer.

***For a low FODMAP version:**

- Use gluten-free all-purpose flour such as [Queen St. Bakery brand](#).
- Use lactose-free milk or almond milk.
- Replace the shredded coconut with another low-FODMAP nut or seed such as walnuts, pecans, pumpkin seeds, or sunflower seeds.



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