

## Dairy and Gluten Free Honey Oat Flour Muffins

### Maintenance/Treatment to be mixed into your

#### Supplies:

- Muffin Tin
- Food processor (if making your own oat flour)

#### Ingredients:

- 3 cups oat flour (or ~3 cups + 2 tbsp oats ground into flour)
- 1 cup unsweetened vanilla almond milk
- ½ cup honey
- 2 eggs
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder



#### Instructions:

1. Preheat oven to 350F
2. To make oat flour from rolled oats: Using a food processor grind 3 cups + 2 tablespoons of old-fashioned rolled oats into fine oat flour. You want 3 cups of oat flour, so if you're short, grind more oats into flour. You want to grind for at least 2 minutes so that your oat flour is very fine. Note: do not over-grind so that oat flour is extremely hot.
3. In a large bowl, whisk together honey, eggs, unsweetened vanilla almond milk, and salt
4. Add baking soda and baking powder to oat flour in the processor. Process or hand mix for 10 seconds
5. Add flour mixture to wet ingredients and mix until well combined. The batter will be runny but should have some resistance
6. Let the mixture sit for 5 minutes
7. Spray muffin tin holes with cooking spray or grease with oil, or line with muffin liners
8. Fill each muffin hole a little over halfway full
9. Bake for 15-16 minutes until inserted toothpick comes out clean. Flip tray halfway through to promote even baking.
10. Do not overbake. They will be dry and crumbly if you overbake them.

#### Storage:

- In the refrigerator and/or countertop for 1 week
- Freeze for 1 month

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly. **This Recipe Contains The Following Top 8 Allergens As Primary Ingredients:** egg