

Morning Glory Muffins

★★★★ 4 from 4 reviews

You'll find it hard to believe these soft and delicious morning glory muffins are gluten, dairy, and egg-free!

Author: MOMables - Laura Fuentes

Prep Time: 10 minutes

Cook Time: 12 - 15 minutes

Total Time: 22 - 25 minutes

Yield: 10-12 Muffins

Category: Breakfast

Method: Oven

Cuisine: Baking

Diet: Gluten Free



Ingredients

- 1/3 cup packed brown sugar
- 1/2 cup non-dairy spread, [coconut oil](#) (solid), or butter
- 1 flax egg* or large egg
- 3/4 cup non-dairy milk
- 1 1/2 teaspoons vanilla
- 1 1/4 cups gluten-free all-purpose flour mix
- 2 tablespoons flax meal
- 1 1/2 teaspoons pumpkin spice
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 medium carrot, grated
- 1/2 cup golden raisins

Instructions

1. Preheat the oven to 350F and spray your muffin pan generously or line with foil liners.
2. In a large bowl with a hand mixer or the bowl of a stand mixer, cream the brown sugar and non-dairy spread.
3. Add the flax-egg, non-dairy milk, and vanilla into the creamed butter and sugar. Mix on medium speed, pausing to scrape the sides until the mixture is combined.
4. In a medium bowl, combine the [gluten-free flour](#), flax meal, pumpkin spice, baking powder, and salt. Slowly add the flour mixture to the wet ingredients and mix at medium-low speed.
5. Once combined, add the grated carrot and raisins and fold to combine.
6. Scoop the batter into the muffin pan.
7. Bake the muffins for 12 to 15 minutes until a toothpick comes out clean. Remove the muffins from the oven and allow them to cool down to room temperature.

Notes

A flax egg is an egg substitute made using ground flaxseed. To make it, mix 1 tablespoon ground flaxseed and 3 tablespoons warm water in a small bowl. Wait for 5 minutes until a gel-like substance forms, and add it to the recipe.

If your all-purpose [gluten-free flour](#) does not have xanthan gum listed in the ingredients, I recommend you add 1/4 teaspoon of xanthan gum to the dry ingredients before mixing.

Nutrition

Serving Size: 1 muffin **Calories:** 149 **Sugar:** 12.1g **Sodium:** 107mg **Fat:** 5g **Saturated Fat:** 0.9g **Carbohydrates:** 30.3g **Fiber:** 1.4g **Protein:** 1.9g
Cholesterol: 0mg

Find it online: <https://www.momables.com/allergy-friendly-gluten-egg-dairy-free-morning-glory-muffin-recipe/>