

# Spiced Carrot Flax Muffins

## Ingredients

- 1 cup grated carrot
- 1 cup oat flour
- 2 tbsp ground flaxseed
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ cup maple syrup
- ½ cup almond milk

## Instructions

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in one bowl.
3. Mix wet ingredients in another and combine.
4. Spoon into muffin cups and bake 20–25 minutes.
5. Cool before serving.

## Health Benefits

- Flaxseed: Promotes digestion and lowers cholesterol
- Carrots: Eye health and antioxidants
- Oats: Gut-friendly and heart healthy
- Cinnamon: Metabolic support

