

# Mini Muffin Bites

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Cooking and Prep:  20  
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Serves:  24

Contains:  

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Gluten Free,  
Sugar Free

**Source:** Relish by Binah  
Magazine

Heading into the season of warm sweaters on cool mornings and hot tea on nippy evenings makes us wistful for a freshly baked “something” to go along with it. When we went gluten-free, we wondered if it would still be possible to whip up cozy home-baked snacks to comfort and warm us during the long winter months. And what about the kids? They just love being welcomed by homemade goodies when they get off the bus in the chilly evenings, satisfying that universal cry: “Ma, I’m starving!” Whole-grain breakfast muffins were a great place to start, because gluten-free flour can be an easy substitute while leaving the basic recipe intact. When we hit upon the idea to make mini muffins, we were really excited! Bite-size muffins prove to be the perfect addition to any hot drink, and they also help minimize carb intake during those months when we spend more time indoors and need to keep an eye on those extra calories. For the kids, giggling together as they pop entire mini muffins into their little mouths makes homecoming snack time that much more fun! And as mommies, we’re happy not to be disposing of half-eaten muffins that are too much for even our starving little ones to finish! Here’s hoping these muffins hit the spot this winter, and that you stay cozy and warm!

## Ingredients (14)

## Main ingredients

- 2 cups gluten-free flour
- 2 cups old-fashioned gluten-free oats
- 1/4 cup brown rice syrup
- 1 teaspoons Gefen Vanilla Extract
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 2 eggs
- 1 cup Haddar Apple Sauce
- 1/2 cup olive oil
- 1/2 cup agave syrup
- 1/4 cup almond milk
- 1/2 cup carob chips
- Gefen Sweetened Dried Cranberries *(optional)*

## Start Cooking

### For the muffins

1. Preheat oven to 425°F. Grease a 24-count mini muffin pan.
2. Combine the first seven ingredients and mix well. In a separate bowl, mix the next five ingredients. Mix the wet ingredients together with the dry mixture, add the carob chips, and add optional additions if desired. Do not overmix.
3. Fill the prepared muffin pan so that each cavity is three-quarters full. Bake at 425°F for 10 minutes. Muffins will turn golden brown.