



Gluten-free Morning Glory Muffin

This recipe was created by Chef **Vishwa Mohan** from **AMS Food Services**

 Yield: 5 dozen muffins

 Serving Size: 1 muffin

Ingredients

- 650 g (1400 ml) Walnut pieces*
- 100 g (210 ml) Pumpkin Seeds, toasted
- 65 g (100 ml) Flax Seeds, toasted**
- 13 g (20 ml) Turmeric Powder
- 4.2 kg Muffin Mix Gluten-free
- 665g (1100ml) Carrot, grated
- 625 ml water
- 1.5 L canola oil
- 2.1 L eggs, liquid whole (about 35 eggs)
- 65 g (65 ml) Baking powder

*If your school is nut-free, omit walnut pieces, and increase the toasted pumpkin seeds to 900 ml.

**Can also use chia seeds

Method

Step 1

In the dough mixer, add the flour, baking powder and turmeric. Start at speed 1.

Step 2

Mix in Carrots, then all the liquid one by one. Increase the speed to 2.

Step 3

When everything is mixed well, reduce the speed back to 1.

Step 4

Add the walnut, flax and pumpkin seed. Gently incorporate it.

Step 5

Let the batter rest for at least 1 hour before baking at 400°F for 40-45 minutes.

* Gluten-free flours require more moisture than wheat flours, so batter will look more wet than wheat flour muffins. Allowing the batter to rest allows some of this extra liquid to be properly absorbed. For the same reason, gluten-free recipes need a longer cooking time. Want to learn more? <https://www.beyond-celiac.org/gluten-free-diet/baking/tips-tricks/>



- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.