

**Carrot Cake Muffins** (10-12 servings)

**Ingredients**

3 tbsp	ground flax seed
¾ cup	boiling water
1.5 cup	brown rice flour
¾ tsp	baking soda
½ cup	olive oil
1 cup	pitted chopped dates
2 cups	coarsely grated carrots
1 cup	rice milk
1 tbsp	fresh lemon juice
1 tsp	ground cinnamon
3 cm	ginger (finely grated)
½ cup	pecans or walnuts
¾ cup	seedless raisins
½ tsp	sea salt

**Method**

In a large bowl stir together ground flax seed and boiling water and let sit for 5 minutes. Add flour, rice milk, baking powder and olive oil and whisk for 5-6 minutes. Stir in the other ingredients. Pour into greased pan or cake pan, and bake at 350F for 35-40 minutes until the top turns brown.