

## Innovations in Culinary Medicine

*Bringing Together Research,  
Nutrition, and Culinary Education*



# Oatmeal Carrot Cake Muffins

*Yield: 12 muffins | Prep Time: 10 minutes*

*Cook Time: 30 minutes*

## Ingredients

- ¾ cup applesauce
- 2 eggs
- 1 cup almond milk (or other dairy-free milk choice)
- ¼ cup maple syrup
- 2 teaspoons vanilla extract
- 1 tablespoon melted coconut oil
- 1½ cups shredded carrots
- 2 cups gluten-free rolled oats
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- ½ cup shredded coconut

## Directions

1. Preheat oven to 350 degrees Fahrenheit. Line a muffin pan with liners and set aside.
2. In a large mixing bowl, whisk together the applesauce, eggs, almond milk, maple syrup, vanilla extract, and melted coconut oil.
3. Using a spatula, fold in the shredded carrots until well combined.
4. Add in the gluten-free rolled oats, baking powder, cinnamon, and shredded coconut and mix until well combined.
5. Evenly divide the batter amongst the 12 muffin liners and bake for 28 to 32 minutes until muffins are fully set. Cool before serving.

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# Peanut Butter Oatmeal Monster Cookies

*Yield: 24 cookies | Prep Time: 10 minutes*

*Cook Time: 12-15 minutes*

## Ingredients

- 1 cup chunky peanut butter (can replace with almond butter or nut-free butter of choice)
- $\frac{3}{4}$  cup brown sugar
- 2 eggs
- 2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract
- 1 cup gluten-free rolled oats
- 1 teaspoon baking powder
- $\frac{3}{4}$  cup add-ins (M&Ms, chopped peanuts, shredded coconut, etc.), divided

## Directions

1. Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper and set aside.
2. In the bowl of a stand mixer using the paddle attachment, mix together the chunky peanut butter, brown sugar, eggs, coconut oil, and vanilla extract until well combined.
3. Add in the gluten-free rolled oats and baking powder and mix until well combined.
4. Turn the mix setting to low and add in  $\frac{1}{2}$  cup of your selected add-in. Reserve remaining  $\frac{1}{4}$  cup to top your cookies.
5. Using a cookie scoop, drop approximately tablespoon-sized balls of dough onto the cookie sheet, leaving about two inches between each cookie.
6. Wet your fingers and gently press down the cookies to flatten. Top each cookie with remaining add-ins.
7. Bake for 12-15 minutes until the cookies are set. Cool before serving.

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