

## Oat Muffins



### Ingredients:

1 cup [HCW Rolled Oats / Gluten Free Rolled Oats](#)

1 cup dates, chopped

1 cup hot water

1/2 cup pecan nuts, chopped (optional)

2 eggs, beaten

1 cup water

1/4 cup vegetable oil

1/4 cup honey or syrup

1/4 cup HCW Oat Flour / Rice Flour

1 cup HCW [Chickpea Flour](#)

1 tsp bicarbonate of soda

3/4 tsp salt

### Method:

- 1. Preheat the oven to 180 degrees C.**
- 2. Soak the oats and chopped dates in 1 cup hot water for 15 minutes.**
- 3. Add the nuts, eggs, water, oil and honey. Stir well.**
- 4. Sift the rest of the dry ingredients into the wet ingredients and mix together well.**
- 5. Place the batter into a greased muffin pan and bake for 25-35 minutes. Makes 12 muffins.**