



GAPS Raisin Muffins Recipe offers a healthy and delicious option for those following the GAPS diet. Made with gut-friendly ingredients, these muffins are free from grains and refined sugars, making them a perfect choice for anyone looking to support digestive health. The natural sweetness from raisins adds a delightful touch, while providing fiber to help with digestion. These muffins are not only a tasty snack but also a nourishing [breakfast option](#). With their simple, wholesome ingredients, GAPS Raisin Muffins are an ideal treat to enjoy while maintaining a gut-healing, sugar-free lifestyle.

Ingredients for GAPS Raisin Muffins Recipe with Oil

To make GAPS raisin muffins, you'll need simple, wholesome ingredients that align with the diet's principles. Here is a list of ingredients commonly used:

- 2 cups of almond flour or coconut flour
- ½ teaspoon of baking soda
- ¼ teaspoon of salt
- 3 large eggs
- ¼ cup of honey or maple syrup (natural sweeteners)
- ¼ cup of coconut oil or avocado oil
- 1 teaspoon of vanilla extract
- ½ cup of raisins

These ingredients are not only GAPS-compliant but also provide essential nutrients such as healthy fats, protein, and natural sugars.

Step-by-Step Guide to Making Vanilla Muffins with a Twist

Vanilla muffins are a classic, but adding raisins and adapting the recipe to GAPS standards elevates them. Follow these steps:

1. Heat the oven to 350°F (175°C) and line a muffin tray with paper liners.
2. **Mix Dry Ingredients:** In a large bowl, combine almond or coconut flour, baking soda, and salt.
3. **Whisk Wet Ingredients:** In a separate bowl, whisk together eggs, honey, coconut oil, and vanilla extract until smooth.
4. **Combine the Mixtures:** Gradually add the wet ingredients to the dry ingredients,



stirring until well combined.

5. **Add Raisins:** Fold in the raisins gently to distribute them evenly.
6. **Fill Muffin Tins:** Pour the batter into the muffin liners, filling each about three-quarters full.
7. **Bake:** Place the muffin tin in the oven and bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.
8. **Cool:** Allow the muffins to cool before serving.

How to Prepare Oat and Raisin Muffins: Inspired by BBC Recipes

For those who enjoy oats, oat and raisin muffins offer a hearty, fiber-rich alternative. Although traditional oats are not part of the GAPS diet, you can use soaked and sprouted oats if tolerated. Inspired by BBC recipes, this variation adds texture and depth to your muffins.

Ingredients:

- 1 cup of sprouted oats
- 1 cup of almond flour
- ½ cup of raisins
- 1 teaspoon of cinnamon
- 2 eggs
- ¼ cup of coconut oil
- 1 teaspoon of honey

Instructions:

1. Mix the oats, almond flour, and cinnamon in a bowl.
2. Whisk together the eggs, coconut oil, and honey.
3. Mix the dry ingredients with the wet ones, then gently fold in the raisins.
4. Bake as described earlier for 20-25 minutes.

The Secret to Creating the Perfect Chocolate Muffin Recipe at Home



Ingredients:

- 1 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 cup granulated sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup whole milk
- 1/2 cup vegetable oil or melted butter
- 1 teaspoon vanilla extract
- 1 cup semi-sweet chocolate chips (or chunks for extra richness)
- 1/2 cup hot water

Instructions:

1. Preheat Your Oven and Prepare Muffin Pan:

- Preheat your oven to 350°F (175°C).
- Place paper liners in a 12-cup muffin tin or lightly grease the cups.

2. Mix Dry Ingredients:

- In a large bowl, whisk together the flour, cocoa powder, sugar, baking powder, baking soda, and salt until well combined.

3. Combine Wet Ingredients:

- In another bowl, whisk the eggs, milk, vegetable oil (or melted butter), and vanilla extract together until smooth and well blended.

4. Create the Muffin Batter:

- Pour the wet ingredients into the dry ingredients. Stir gently with a spatula until just combined. Be careful not to overmix; this keeps the muffins tender. It's okay if the batter is a bit lumpy.



5. Add Hot Water:

- Add 1/2 cup of hot water to the batter and fold it in. This step helps create extra moist muffins with a slightly fudgy texture.

6. Fill Muffin Cups:

- Spoon the batter into the muffin cups, filling each one about two-thirds of the way. You can sprinkle a few extra chocolate chips on top for a little extra indulgence.

7. Bake:

- Bake in the preheated oven for 18-22 minutes, or until a toothpick inserted into the center comes out clean or with just a few moist crumbs.

8. Cool and Serve:

- Allow the muffins to cool in the pan for about 5 minutes, then transfer them to a wire rack to cool completely.

Exploring Basic Muffin Recipe Variations for Every Occasion

Here are some exciting variations to try:

- **Lemon and Blueberry Muffins:** Add lemon zest and fresh blueberries.
- **Carrot and Walnut Muffins:** Mix in grated carrots and chopped walnuts.
- **Pumpkin Spice Muffins:** Incorporate pumpkin puree and cinnamon.

Each variation adds a unique flavor profile, ensuring there's something for everyone.

Wholesome Oatmeal Raisin Muffins with Honey: A Nutritious Option

Oatmeal raisin muffins are a classic favorite. By using honey as a sweetener, you create a healthier version that's still delicious.

Key Steps:



1. Soak the oats overnight to improve digestibility.
2. Combine oats, almond flour, honey, and eggs.
3. Add raisins and bake until golden brown.

Easy Muffin Recipe for Kids: Simple and Fun to Make

Getting kids involved in baking is a great way to teach them about healthy eating. This easy muffin recipe is perfect for little hands:

Ingredients:

- 1 cup of almond flour
- 1 banana, mashed
- 1 egg
- ¼ cup of honey

Steps:

1. Mix all ingredients in a bowl.
2. Spoon the batter into mini muffin tins.
3. Bake at 350°F for 15-20 minutes.

These muffins are naturally sweetened and ideal for snack time.

Tips for Baking the Best GAPS Raisin Muffins Every Time

1. **Use Fresh Ingredients:** Ensure your almond flour and raisins are fresh for the best flavor.
2. **Don't Overmix:** Overmixing can make muffins dense. Stir until just combined.
3. **Preheat the Oven:** Baking in a properly preheated oven ensures even cooking.
4. **Customize to Taste:** Add spices like cinnamon or nutmeg for extra flavor.
5. **Store Properly:** Keep muffins in an airtight container to retain moisture.

Conclusion

GAPS raisin muffins are a delightful and [nutritious snack](#) that caters to a wide range of dietary needs. With simple ingredients and easy steps, these muffins can be made in



countless variations, ensuring everyone finds a flavor they love. Whether you're following the GAPS diet or simply looking for a healthier muffin option, these recipes offer the perfect solution. Try them today and enjoy a guilt-free treat!

FAQs

1. What is the GAPS diet?

The GAPS diet stands for Gut and Psychology Syndrome, a healing program designed to support digestive health and improve overall well-being. It emphasizes the consumption of nutrient-dense, whole foods while eliminating processed ingredients, grains, and refined sugars.

2. Are GAPS Raisin Muffins gluten-free?

Yes, GAPS Raisin Muffins are gluten-free as they are made without any grains, which is a key aspect of the GAPS diet.

3. Can I substitute raisins with other dried fruits?

Yes, you can substitute raisins with other dried fruits like dried cranberries, apricots, or dates, depending on your preference or what you have available.

4. Are GAPS Raisin Muffins suitable for people with nut allergies?

It depends on the recipe you use. If it includes nut flour (like almond flour), it may not be suitable for individuals with nut allergies. You can substitute with coconut flour or another nut-free alternative.

5. Can I use regular sugar instead of honey or other sweeteners?

For the GAPS diet, refined sugars are avoided. However, you can use honey, maple syrup, or stevia as alternative sweeteners that are more aligned with the GAPS guidelines.

6. Can I make GAPS Raisin Muffins without eggs?

Eggs play a crucial role in the texture of these muffins, but you can try egg substitutes like flaxseed meal mixed with water or chia seeds if you're avoiding eggs.