

Muffin recipes

Fruit & Fiber Muffins

- 1 cup brown rice flour
- ½ cup brown rice cereal
- ½ tsp xanthum gum
- 1 ½ tsp baking powder
- ¾ tsp baking soda
- ½ tsp powdered stevia
- ½ cup raisins
- ½ cup mashed kiwi/ pumpkin/ zucchini or banana
- ½ cup shredded carrots (optional – or increase amount of fruit)
- ½ cup nuts
- 2 eggs
- ¼ cup water or almond or rice milk
- 2 Tbsp vegetable oil

In large bowl mix dry ingredients. Cover raisins with hot water and let soak. In small bowl beat eggs slightly. Add water and oil and pour into the dry ingredients and stir until just blended. Drain raisins and add to mixture along with fruit/veggies. Stir.

Bake at 400 F for 15-18 minutes.

Quinoa Flax Muffins

Combine and leave overnight:

- ¾ cup yogurt
- 6 Tbsp melted butter or coconut oil
- ½ cup applesauce or ¼ cup apple juice
- 1 ¼ cup whole grain flour (spelt/ kamut, etc)

Soak separately overnight:

- ½ cup raisins in 1 C water
- ½ cup quinoa in 1 C water

Next morning, drain raisins, saving the liquid. Drain and rinse quinoa. Cook it in the drained raisin water (simmer for 15 minutes). Let cool. Add to overnight batter, along with raisins. Add:

- 2 beaten eggs
- ¼ cup unrefined sugar

Combine and grind in blender:

- ½ cup ground flax seeds
- ¾ tsp unrefined salt
- 1 tsp baking soda
- ½ tsp stevia
- 1 tsp cinnamon

Break up any lumps in the flax mixture with a fork. Add flax mixture to batter. Stir in gently until well mixed. May add some chopped fruit if desired.

Bake at 350 for 15-20 minutes.

Molasses Bran and Raisin Muffins

- 2 cups or spelt flour
- 2 tsp baking soda
- ½ tsp salt
- 2 Tbsp water
- ¼ cup maple syrup
- 2 Tbsp honey
- ½ cup molasses
- 1/3 cup sunflower oil
- 1 tsp vanilla
- 1 cup oat bran
- 1 cup natural muesli cereal
- 2 cup raisins

Mix dry ingredients and wet ingredients separately then combine until just blended. Add raisins and stir. Bake at 400 F for 20 minutes

Muesli Bran Muffins

- 2 cup spelt flour
- 2 tsp baking soda
- ½ tsp salt
- 1 cup wheat or oat bran
- 1 cup spelt or millet flakes
- ½ cup 9-grain cereal
- 2/3 cup vegetable oil
- ¼ cup maple syrup
- 1 cup plain yogurt
- 1 cup soy milk
- ½ cup molasses

- 2 cup raisins

Mix dry ingredients in a large bowl.

Whisk together yogurt, milk, oil and molasses.

Stir into dry ingredients until just blended. Add raisins and stir.

Bake at 400 F for 20 minutes.

Bran Muffins

- 1 cup wheat bran
- ½ cup oat bran
- 1 cup soy or nut milk
- 1 egg, lightly beaten
- ¾ cup unsweetened applesauce
- ¼ cup molasses or more as desired
- 1 cup whole wheat flour (or kamut, spelt, etc)
- 1 ½ tsp baking soda
- 1 ½ tsp baking powder
- ¾ tsp salt
- 1 cup berries, fruits, or dried fruit

Preheat oven to 350° F. Mix first 5 ingredients together until wet. Add remaining ingredients. Bake for 22 minutes or until golden brown in greased muffin tin or paper cups. Makes 12 muffins.

Flax Seed & Applesauce Muffins

- 1 cup flax seeds
- 2 ¼ cups spelt flour
- 1 Tbsp baking powder
- 3 Tbsp apple butter
- 1/3 cup applesauce
- ¼ cup rice milk
- ¼ cup butter, melted
- 1 egg
- Optional: apples, raisins, blueberries

Preheat oven to 350° F. Grind flax seeds then mix them in a food processor with spelt flour and baking powder. Mix in the apple butter, applesauce, rice milk, butter, and egg. Lightly grease muffin tin and fill with mixture. Bake ~ 30 minutes or until golden brown. Makes 12 muffins

Banana bran muffins

- 1 egg
- ½ cup soy milk
- ¼ cup yogurt
- ¼ cup honey
- 1 cup mashed banana
- 1 tsp vanilla
- 1 cup spelt flour
- ½ cup protein powder
- 1 tsp baking soda
- 1 cup wheat or oat bran
- ½ cup raisins, dates, or chocolate chips
- ½ cup chopped nuts or seeds

Mix wet and dry ingredients separately, stir to combine.

Bake at 400F for 20-25 minutes.

Makes 12 muffins.

Cranberry muffins

- 3 cups almond flour
- ½ tsp baking soda
- ¼ tsp unrefined sea salt
- 1 tsp ground cinnamon
- 1 ½ cup frozen or fresh cranberries
- ½ tsp vanilla extract
- ½ cup honey
- 3 eggs

Combine almond flour, baking soda, salt and cinnamon. Combine cranberries, vanilla, honey and eggs in another bowl. Add the dry ingredients to the wet and mix well.

Bake at 325F for 18-20 minutes.

Makes 12 muffins.

Red River cereal muffins

- ¾ cup oats
- ½ cup red river cereal
- 1 cup butter milk

Mix three ingredients together and let stand 40 mins.

Stir in:

- 1 cup rice/ spelt flour
- 1 tsp baking powder
- ¼ cup raw sugar
- ¾ tsp baking soda
- ½ tsp unrefined sea salt
- ⅓ cup oil
- 1 eggs
- 1 ½ cup frozen or fresh cranberries

Bake at 375F for 20-25 minutes.

Makes 12 muffins.