

Nunweiler's HEARTY BREAKFAST MUFFINS

INGREDIENTS:

1 cup Nunweiler's Oat Flour

2 ½ teaspoon baking powder

½ teaspoon nutmeg

2/3 cup applesauce

2 tablespoons butter, melted

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½ teaspoon nutmeg

1 cup Nunweiler's Rolled Oats

½ teaspoon sea salt

1 teaspoon ginger

1/3 cup carrot, shredded

½ cup slivered almonds

1/3 cup brown sugar

½ cup raisins

¼ cup honey

1 teaspoon cinnamon

2 cups bananas, ripe and mashed

1 large egg

½ cup walnut pieces

½ teaspoon cinnamon

DIRECTIONS:

Preheat oven to 375. Line muffin pan with cups, if desired. Spray each cup with non-stick cooking spray. Combine the first eight ingredients in a large mixing bowl. Stir until well blended. In a smaller bowl, combine the following five ingredients (bananas – butter), stir until well blended. In another small bowl, combine the following six ingredients (almonds – nutmeg) for muffin topping. Add banana mixture to the flour mixture along with the raisins if you desire. Stir just until moistened. Do not over stir. Fill muffin cups 2/3 way complete. Press enough of the brown sugar-nut topping into each muffin to cover the top and to your taste. About 2 Tbsp per muffin. Bake at 375 for about 20 minutes until the muffin springs back when lightly touched.

Makes 16 small muffins or eight giant-sized muffins.



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