

Apple Berry Muffins

Makes 12 muffins

Use home-grown, grass-fed and organic ingredients whenever possible.

Ingredients:

1 ½ cups flour (180 grams)

1 tsp baking soda

1 tsp baking powder

½ tsp pink Himalayan salt

1/3 cup (100 grams) honey

1/3 cup oil (avocado oil or olive oil*)

1 large egg

1 large apple, shredded (do not peel if organic) (approx. 185 grams)

¾ - 1 cup fresh berries (6 oz) – i.e., blueberries, blackberries, raspberries, strawberries

Granulated Sugar (I use organic evaporated cane juice)

Directions:

1. Grease muffin pan or line with paper liners.
2. Preheat oven to 375°.
3. Shred apple on a coarse shredder. Set aside.
4. Rinse and pat dry berries. Set aside.
5. Stir together dry ingredients.
6. Stir together wet ingredients (honey, oil, egg) until well blended.
7. Stir together the dry and wet ingredients.
8. Add apple and stir in.
9. Gently stir in berries. (If using blueberries, sprinkle first with 1 TBSP flour and toss to coat. This will help the berries to stick to the batter and not sink to the bottom of the muffin wells.)
10. Divide batter evenly in the 12-cup muffin pan.
11. Using your thumb and forefinger, pinch a bit of sugar and top each muffin.
12. Bake 15-17 minutes or until lightly golden. (If you have convection bake feature on your oven, use convection for 10 minutes at 375°, then turn the convection off and lower the temperature to 350° and bake an additional 5-7 minutes.

*Do not use cold-pressed olive oil, which will be too pungent for baking. Instead, reserve your high quality olive oil for salad dressings for your fresh salads. For baking, use avocado oil, or a processed/refined olive oil, which will have a milder flavor.

Inspired by a recipe from www.geniuskitchen.com

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