

ORANGE/FLAX/OAT MUFFINS



Delicious Muffins Using Oat/Flax/Orange

This recipe is one of my husband's Lee favorite muffins, I knew I had a good recipe when he would call me up after a night on call and tell me he was thinking about these muffins. Since they are so easy I would make him batch before I'd go to work. This is a very forgiving recipe since you can go by a 1:2 ratio (1 part moist to 2 parts dry) my oranges may be different from yours go by the feel. These are usually very dense muffins and the variations are endless.

Orange, Flax and Oat Muffins

In a bowl mix:

- 1 cup: organic ground flaxseed or chia seeds or hemp seeds, or a combo of all or any
- 1 1/2 cup each: organic oat bran and organic whole wheat flour
- 1 tbsp. GMO free baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 cup dried cranberries or other favorite
- 1 cup California nuts, I like walnuts the best in these muffins

In a blender mix but before you blend it you check that it at least an inch from the top.

- 1 cup Apple Sauce or puree pumpkin
- 1/2 cup organic brown sugar or honey
- 1/2 to 1 cup coconut milk (you want to add if needed depending on the liquid from the oranges)
- 1 tbsp. organic cider vinegar
- 1 tbsp. organic canola oil
- 2 or 3 depending on the season whole seedless organic navel oranges, washed and quartered (Using oranges with the skin adds phytochemicals-natural compounds that help prevent disease plus a lot of the great flavor)
- 2 cruelty free eggs or 1/2 cup egg substitute (I like using pasteurized eggs because I love the batter)

Directions

Prep time: 25 minutes Cook time: 30 to 45 minutes

Preheat oven to 375°F.

Grind your seeds in a food processor or coffee grinder or my favorite the Magic Bullet; add to a large bowl with oat bran, freshly ground flour or store bought (the nice thing about grinding your own is the incredible flavor,) baking powder, baking soda, salt and cranberries and chopped nuts. Add raisins and or chopped dates, if desired. Set aside.

Combine remaining ingredients in a blender with a lid. Blend the rest of the ingredients on a high setting until the mixture is smooth. Pulse for a while if you needed. I typically end up with a blender full of moist ingredients and then add to bowl with about twice as much dry ingredients (1:2 moist to dry). Stir until dry ingredients are just moistened, being careful not to over mix. Pour mixture into 12-18 greased muffin tins, filling to the top since these muffins won't rise. Bake for 30 to 45 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before transferring to a cooling rack. Great with goat cheese ☺