



March E.A.T Recipe

Any Fruit Muffins

BAKE TIME	SERVES	COOK METHOD
12-15 minutes	makes 9-12 small muffins	Oven at 350 degrees

Ingredients

- 2 cups of chopped fruit (apple, pear, mango, banana, pineapple, blueberries, raspberries, cranberries, ANYTHING- seeds removed)
- ½ cup honey or maple syrup
- 1 cup whole wheat flour
- ½ cup all-purpose flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ¼ tsp. salt
- 2 eggs (or 1 egg beater/egg substitute)
- ¼ cup canola oil (vegetable or olive also work)
- 1 cup milk
- 1 cup chopped walnuts or other chopped nuts -- optional

Directions:

1. Preheat the oven to 350 degrees.
2. Peel and chop fruit. Mix in a bowl with honey or maple syrup. Let them sit while you work on the other ingredients, so the sweetener draws out the juices.
3. In a separate bowl, mix: whole wheat flour, all-purpose flour, baking powder, baking soda, and salt with a fork.
4. In a third bowl, whisk together: the eggs and oil.
5. Mix with the fruit, then mix in the walnuts, if using walnuts or any other chopped nuts. Skip this step if you're not using nuts.
6. Add flour mixture to wet ingredients. Don't stir too much, just enough to get all the flour mixture moist.
7. Bake in muffin pans and bake for 12-15 minutes, until firm on top. Or, when an inserted skewer comes out clean.
8. Serve for breakfast or snack.