



## Mixed Berry Muffins

*Makes 12 Big Muffins!*

This recipe is an easy alternative to the high-fat and low nutritional quality of the many of the muffins found in delis and pre-packaged. These muffins can be made ahead of time and frozen for ease. Just defrost and warm!

### **Phytonutrients Found in this recipe.....**

Beta-carotene, Lutein (Zeaxanthin), ellagic acid, Lignans, Phenolic Acid, Oligosaccharides, and Saponins

### *Ingredients*

2 ½ cups whole wheat pastry flour\*

1 tablespoon + 1 teaspoon baking powder

2/3 cup whole milk, preferably organic

2/3 cup plain yogurt, preferably organic

¼ cup olive oil

2 eggs, preferably organic

1 teaspoon real vanilla extract

¾ cup rapadura\*

½ teaspoon salt

1¼ cups mixed fresh berries or your choice, such as strawberries, blueberries and raspberries

optional: ½ cup whole walnuts or almonds, chopped into smallish pieces

### *Procedure*

1. Preheat the oven to 350 degrees. Butter and lightly flour a 12-muffin tin.
2. In one bowl, combine the flour and baking powder and stir well with whisk.
3. In another bowl, combine all the other ingredients, except for the berries and nuts—milk, yogurt, olive oil, eggs, vanilla, rapadura and salt. Mix well.
4. Pour this wet mixture into the flour mixture and stir just until it's combined (otherwise muffins can get tough). Carefully fold in the berries and, if using, the nuts.
5. Pour batter almost to the top of each muffin tin.
6. Bake for about 25 minutes or until muffins are lightly browned on top and firm to the touch.

\* Whole wheat pastry flour (also called whole grain pastry flour) is a flour made from a "soft" wheat (rather than a "hard" wheat, which is better for bread making) and is good used in cakes,

pies, tarts and other desserts. Unlike regular cake flour, it has the bran and germ included, and so is much more nutritious. It is also unbleached, which is not the case for most white pastry flours. Substitute an equal amount of this flour anywhere a recipe calls for pastry or cake flour. The brands most readily available are Arrowhead Mills and Bob's Red Mill – they call it “whole grain pastry flour” – and it is found in many health food stores, as well as some regular supermarkets.

\* Rapadura is unrefined cane sugar. It is simply the evaporated and crystallized juice of whole cane. Unlike white sugar, brown sugar and other sugars that try to pass off as “raw,” rapadura retains all the natural minerals found in sugar cane. It therefore doesn't deplete the body of its own minerals and doesn't spike the body's blood sugar as dramatically as white sugar does. Wherever a recipe calls for white or brown sugar, try substituting an equal amount of rapadura. It is found in health food stores in New York, or can be easily ordered online.

**Basic Nutrition Profile for One Muffin :**

Kcal	197 kcal
Protein	6 grams
Carbohydrate	34 grams
Fat	5 grams
Saturated Fat	0 grams
Monounsaturated Fat	1 grams
Polyunsaturated Fat	3 grams
Fiber	4 grams

**This recipe is a great source of.....**

Calcium	76 milligrams
Magnesium	47 milligrams
Folate	24 micrograms
Selenium	21 micrograms

\* Also offers a complete array of B-Vitamins