



Blueberry-Amaranth Muffins (12 muffins)

Using whole amaranth in these muffins makes them moister, chewier and much more nutritious than those using just wheat flour.

Phytonutrients Found in this recipe.....

Beta-carotene, Lutein (Zeaxanthin), blueberries-ellagic acid, amaranth, flax mea, walnuts/almonds

Possible Medicinal Benefits of this recipe.....

Ingredients

- 1/3 cup whole amaranth
- ½ stick organic butter
- 1 cup whole wheat pastry flour*
- 1½ teaspoons baking powder
- 1/3 cup freshly ground flax meal
- 2 organic eggs
- ½ cup maple syrup
- ½ teaspoon salt
- 1 teaspoon real vanilla extract
- 1 cup fresh blueberries
- ½ cup whole walnuts or almonds, chopped into smallish pieces

Procedure

1. First cook the amaranth in a pot with 1½ cups water for 20-30 minutes or until all the water is absorbed. Let cool almost for about ten minutes before adding to the batter.
2. Preheat the oven to 350 degrees. Butter and lightly flour a 12-muffin tin.
3. Melt the butter and let cool to room temperature.
4. In one bowl, combine the flour and baking powder and stir well with whisk.
5. In another bowl, combine the eggs, maple syrup, butter, vanilla and salt, stirring well to mix.
6. Put the batter together: Pour the amaranth into the wet ingredients and mix. Then pour the flour mixture into the wet mixture and stir just until it's combined (otherwise muffins can get tough). Carefully fold in the blueberries and walnuts.
7. Pour batter 2/3 of the way up each muffin holder.
8. Bake for 30 minutes or until muffins are 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.

Basic Nutrition Profile for One Muffin:

Kcal	212 kcal
Protein	5 grams
Carbohydrate	25 grams
Fat	11 grams
Saturated Fat	3 grams
Monounsaturated Fat	3 grams
Polyunsaturated Fat	4 grams
Fiber	4 grams

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

Potassium	224 milligrams
Vitamin A	219 international units
Vitamin D	7 international units
Calcium	80 milligrams
Folate	38 micrograms
Magnesium	75 milligrams
Selenium	10 micrograms

For more information on phytonutrients see handout on **The Benefits of Phytonutrients** available in Carol Ann’s Library