Create your own: Seasonal Fruit Muffin

**STEP ONE:**
Measure out dry ingredients and mix together in a bowl.

1. **START WITH 1 1/2 CUPS UNBLEACHED ALL PURPOSE FLOUR**

2. **CHOOSE:** 1 CUP:
   - Whole wheat flour
   - Nut flour (almond, hazelnut)
   - Buckwheat flour
   *Consider a combination of flours, make sure your flours add up to 2 1/2 cups*

3. **ADD**
   - 1 1/2 teaspoons baking powder
   - 1/2 teaspoon baking soda
   - 1/4 teaspoon salt

**STEP TWO:**
In a bowl mix "wet" ingredients.

4. **CHOOSE SWEETENER:**
   - 1/2 cup honey
   - 3/4 cup palm or coconut sugar
   - 3/4 cup cane sugar (raw or organic, if available)

5. **ADD EGGS:**
   - 2 eggs, lightly beaten
Choose Fat: 1/2 cup of:

- (1 stick) butter, melted
- vegetable oil
- coconut oil

Choose liquid:

- 1 cup buttermilk
- 1 cup of milk (or non-dairy) + 1 tablespoon lemon
- 1/2 cup of yogurt + 1/2 cup of milk (or non-dairy milk)
- 1/2 cup of sour cream + 1/2 cup of milk (or non-dairy milk)

Choose flavorings:

- 1 teaspoon of vanilla
- 1/2 teaspoon of almond
- 2 teaspoons of lemon zest

Step Three: Mix wet and dry

Step Four:

Choose 1 cup of organic* seasonal fruit cut into pieces or left whole

Seasonal fruit for May - August

- Stone fruit
- Strawberries
- Apricot
- Berries (blueberry, blackberry, mulberry, raspberry)
- Cherries

Tip: Toss fruit into 1 tablespoon of flour mixture to prevent them from falling to the bottom

- Grease muffin tins or line muffin pan. Fill each muffin cup almost full with batter, using two spoons. Place in the oven and bake for 20 - 25 minutes, until a toothpick inserted in the center of the muffin comes out clean.

- Transfer to a wire rack and let cool for about 5 - 10 minutes before removing from the pan.

Makes 12 regular sized muffins