

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:

① 2 EGGS, LIGHTLY BEATEN

6 CHOOSE FAT: 1/2 CUP OF:



(1 STICK) BUTTER, MELTED



VEGETABLE OIL



COCONUT OIL

7 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 SOURCREAM + 1/2 CUP OF MILK (OR NON-DAIRY MILK)

8 CHOOSE FLAVORINGS:



1 TEASPOON OF VANILLA



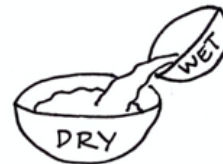
1/2 TEASPOON OF ALMOND



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



STONE FRUIT



STRAWBERRIES



APRICOT



BERRIES (BLUEBERRY, BLACKBERRY, MULBERRY, RASPBERRY)



CHERRIES

SEASONAL FRUIT FOR MAY - AUGUST

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.



STEP FIVE

TRANSFER TO A WIRE RACK AND LET COOL FOR ABOUT 5 - 10 MINUTES BEFORE REMOVING FROM THE PAN.

MAKES 12 REGULAR SIZED MUFFINS

