



RECIPES

Apple Hemp Muffins

INGREDIENTS:

- 1 1/2 cups whole-grain spelt flour
- 1 cup oat flour
- 2/3 – 3/4 cup hemp seeds
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp sea salt
- 1 1/2 – 1 3/4 tsp cinnamon
- 1/4 tsp ground cardamom (can substitute freshly grated nutmeg)
- 1 cup unsweetened organic applesauce
- 1/2 cup pure maple syrup
- 3/4 cup plain or vanilla non-dairy milk
- 1 1/2 tsp pure vanilla extract
- 1 cup raisins

INSTRUCTIONS:

1. Preheat oven to 350°F. In a large bowl, combine the dry ingredients, sifting in the baking powder and baking soda. Stir through until well combined.
2. In another bowl, combine applesauce, maple syrup, non-dairy milk, and vanilla, and mix together.
3. Add the wet mixture to the dry mixture, and gently fold and mix through, until just combined (do not overmix). Spoon the mixture into a muffin pan lined with cupcake liners (this will fill 12 muffins quite full).
4. Bake for 21-23 minutes, or until a toothpick inserted in the center comes out clean.

Makes 12 servings

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