

Recipe: Sohailla's Healthy Harvest Muffins

PREP TIME

Snack

20
minutes

Sohailla's Healthy Harvest Muffins

COOK TIME

22
minutes

YIELD

16
servings



Buy a box of Hodgson Mill brand Multi-Grain Quinoa and Flax Hot cereal. It can be found in the grocery aisle with hot cereals like Cream of Wheat. If hard to find, it can be ordered online. The recipe has no refined grains, no sugar (sweetened only with fruit and the milk sugar that occurs naturally) and boasts of 3 fruits and 2 veggies! This has plenty of fiber (4 grams) and 4

NUTRITION REPORT CARD (amount per serving)



12.5 grams total fat

1 grams sat fat

153 milligrams sodium

26 grams carbs

RECIPE TAGS

INGREDIENTS

- 1 cup Hodgson Mill Brand Multi Grain Hot Cereal with Quinoa/Flax
- 7/8 cup whole wheat flour (alternative for the 2 above: 2 c gluten free or whole wheat flour)
- 1 TBSP baking powder
- 1/2 tsp baking soda
- 2 tsp cinnamon
- 1/2 cup pureed overripe bananas (usually 2)
- 1 1/2 cups shredded carrots
- 1 cup apples, chopped (I leave the skin on and chop in food processor)
- 1 1/2 cups peeled chopped eggplant (fresh) or grated zucchini
- 1/2 cup milk (unsweetened soy milk or skim or 1% milk)
- 2 eggs
- 1/2 cup canola oil
- 1 tsp vanilla
- 1 cup golden raisins
- 1/2 cup walnuts or pecans chopped

DIRECTIONS

- Preheat the oven to 400 degrees Fahrenheit. Line 12-18 muffin cups with paper liners or grease muffin cups. Blend together dry ingredients.
- Add remaining ingredients and mix until blended. Spoon into muffin cups (regular sized muffin cups work best). Bake 20-22 minutes or until golden brown. May be gooey in the middle, so check to see if it needs a few more minutes. The gluten free version may bake more quickly.
- Batter will be thick.