



Sweet Treats

Muffins

This muffin recipe is only one variation of a multitude. You can add any type of nut or seed or add other dried fruits to the mixture. I freeze them and bring them out when I travel or desire a "sweet treat". These muffins are great with a protein shake after a high intensity workout. A rich and healthy flavor, moist and satisfying.... "Power" in every bite.

Preheat oven to 375 degrees

1 1/2 cups (375 ml) natural wheat bran

1 cup (250 ml) buttermilk

1 cup unpasteurized honey

1/2 cup (125 ml) blackstrap molasses

4 eggs

1/2 tsp (5 ml) pure vanilla extract

1/2 cup (125 ml) prunes cut up

1/2 cup (125 ml) dates cut up

1/2 cup (125 ml) raisins or currants

2 cups (500 ml) whole wheat or spelt flour

2 Tbsp (30 ml) baking soda

1 tsp (5 ml) cinnamon

Makes approximately 12-15 large muffins

In a large bowl, mix bran with buttermilk, let sit. In small bowl beat eggs, vanilla, molasses and honey with fork. Stir egg mixture into bran. In another bowl add flour, soda, cinnamon and dried fruit and mix well. Add flour mixture to wet mixture and blend well. Spoon mixture into greased muffin tins.

Bake for 15-20 minutes or until golden brown.

Cookies

You can add any nut or seeds you prefer to this easy and delicious dense cookie. This recipe makes approx. 4 dozen medium size cookies or 3 dozen large cookies. You can freeze the batter or freeze the cookie....that's if there's any leftover. These cookies are a great treat to take along as fuel for a long hike or a long car ride. Kids will love them too! Yummie!!!

Preheat oven to 350° F (200° C)

2 cups (500 ml) whole wheat or spelt flour
1 cup (250 ml) rolled oats
1 cup (250 ml) nuts and seeds (pumpkin, walnut, sunflower, etc)
or 2 cups (500 ml) trail mix
1 cup (250 ml) raisins or currants
1 cup (250 ml) carob chips
1 tsp (5 ml) cinnamon
1 tsp (5 ml) pure vanilla extract
4 eggs
1 1/2 cup (375 ml) crushed pineapple with juice
1 cup (250 ml) unpasteurized honey
1/2 cup (125 ml) freshly squeezed orange juice (optional)

Add first 5 dry ingredients to large mixing bowl. In small bowl add beaten eggs, pineapple with juice, honey and mix well. Add wet ingredients to dry and blend. Add orange juice if needed for more liquid. Spoon onto greased cookie sheet. Bake for 20-25 minutes or until golden brown.

Makes approximately 3 dozen large sized cookies.



*“Make food simple and let things
taste of what they are”*

- Curnonskey French writer (1872-1956)

*Bon Appetite
Nancy Holley*