



Laura's Recipe Corner

Great Recipes from Laura McKay!

Superfood Muffins

Danielle DuBoise & Whitney Tingle, Co-founders of Sakara Life; People Magazine November 9, 2015
Photo Courtesy of growntocook.com

Makes: 12 muffins; Prep time: 15 minutes; Cook time: 20 minutes
Per serving: 130 calories, 7g fat, 3 g protein, 16g carbs, 7g sugar

Start your Thanksgiving morning with these gluten free, dairy free, low sugar (from honey) muffins. All the ingredients will warm your kitchen with the flavors of fall. For those of you following the Bon Appetit Rotation Diet, this is a non-rotate recipe. Enjoy! ~ Laura McKay, B.S. Health Educator

Ingredients:

1/3 cup plus 1/2 cup gluten free oats, divided	2 eggs
2 tsp. baking powder	2 tbsp. raw honey*
1 tsp baking soda	2 very ripe bananas, mashed smooth
1/2 tsp Himalayan sea salt	1 cup chopped apples
1/2 tbsp. cinnamon	1 cup chopped walnuts



Directions:

1. Preheat oven to 400 degrees. Line a 12-cup muffin tin or lightly grease with coconut oil.
2. Pulse 1/3 cup oats in a food processor until it's the consistency of flour.
3. Combine the processed oat flour, 1/2 cup whole oats, baking powder, baking sodas, salt and cinnamon in a medium bowl.
4. In a large bowl, mix eggs, honey and mashed bananas. Add dry ingredients to banana mixture; stir until combined. Fold in apples and walnuts.
5. Fill muffin tins evenly, and garnish with additional apple slices and walnuts, if desired. Bake for 18-20 minutes, or until baked through. Remove from muffin tin, and cool on wire rack.

Turn these muffins into a nutritional powerhouse with these options:

Fold in 1/2 cup goji berries for a "sweet protein punch," says DuBoise.
Top your muffin with a smear of almond butter to keep you fuller longer.
Mix 2 tbsp. chia seeds into the batter for added fiber and daily vitamins.

*If your honey has crystallized or is too thick to pour, place the jar in a pot of warm water for 10 minutes, say DuBoise and Tingle.

Serve right away or cover and refrigerate until needed. Depending on the apple, these should keep 3-5 days refrigerated.

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