

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Flaxseed Muffins w/ Apple 'n Blueberries

Inspired by and adapted from a recipe from [Elisabeth Prueitt](#) of [Tartine Bakery](#) in San Francisco.

Light and moist Flaxseed Muffins are filled with nutritious goodies including flaxseeds, blueberries, coconut sugar and oat flour. Dairy and gluten-free.

Makes 12 muffins

Active time: 25 minutes

Total time: 1 hour

½ cup coconut sugar

4 teaspoons molasses

3 large eggs

1¼ cups light coconut milk (from the can)

1/3 cup extra-virgin olive oil

1 cup plus 2 tablespoons ground flaxseeds (from ¾ cup whole flaxseeds)

1 1/3 cup oat flour (from about 1 1/3 cups rolled oats)

2 teaspoons baking soda

Rounded 1 teaspoon ground cinnamon

Rounded ½ teaspoon sea salt

1 tart red apple, cored and cut into ¼-inch dice

1 cup fresh or frozen blueberries

1. Preheat the oven to 350 degrees. Line a standard-size muffin tin with paper liners.
2. In a small mixing bowl combine the coconut sugar, molasses, eggs, coconut milk and oil. Stir in the ground flaxseeds. Set this mixture aside while you prepare the other ingredients.
3. In a large mixing bowl, whisk together the oat flour, baking soda, cinnamon and salt. Make a well in the center of these dry ingredients.
4. Pour the flaxseed mixture all at once into the well. Then gently fold it into the oat flour mix. When two-thirds mixed, stir in the diced apple and blueberries till just combined.
5. Fill each muffin cup with a scant ½ cup of the batter.
6. Bake for 25 minutes. Rotate the pan 180 degrees. Bake for another 10 minutes. Insert a toothpick in the center of a couple of muffins. If it comes out clean, the muffins are done. If not, bake for another 5 minutes and test again.
7. Remove the muffins from the oven. Let the muffins cool for about 5 minutes before removing them from the pan. Enjoy Flaxseed Muffins warm. Though you'll find them even more flavorful at room temperature.