



Superfood Muffins

Uncategorized

makes 18 (Scaled) **source** Lake Austin Spa Resort

INGREDIENTS

- 2 1/2** cups all purpose gluten flour
- 4** tablespoons almond flour
- 2** tablespoons hemp seeds
- 2 1/2** tablespoons rolled oats
- 2** tablespoons golden quinoa
- 2** tablespoons chia seed
- 1** tablespoons ground cinnamon
- 1** teaspoons baking powder
- 1/2** teaspoon baking soda
- 1/2** cup light brown sugar
- 1/2** cup granulated sugar
- 1/2** tablespoon kosher salt
- 1/2** cup unsalted butter, melted
- 2/3** cups honey
- 1** cups buttermilk
- 1** cups Grapeseed oil
- 2** large eggs
- 2** teaspoons vanilla paste
- 2** granny smith apples, peeled, grated and juice squeezed out

DIRECTIONS

1. In a large bowl, mix melted butter, honey, buttermilk, canola oil, eggs, and vanilla with a whisk.
2. In a stand mixer, place all dry ingredients in the bowl and mix with the paddle attachment.
3. Slowly pour the egg, butter, honey, vanilla extract and grapeseed oil mixture into the bowl while the mixer is running on low. Continue to mix in all liquid until it is well combined.

4. Stop the mixer and fold in grated apples.

5. Pour batter into muffin paper) and bake at 325 degrees F for 30-35 minutes, or until a toothpick inserted into the center of a muffin comes out clean.