



Emmanu-WELL Healthy Muffins

Note: The ingredients and method of preparation designed to fit in with what is available to the community. This is a master recipe. Starred (**) ingredients can be changed.

Ingredients

3/4	cup brown sugar	1	teaspoon fresh lemon juice
1/3	cup vegetable oil	1	teaspoon vanilla extract
2	eggs	1 1/2	cups self-rising flour **
1 1/2	cups assorted grated vegetables. Choose from carrots, butternut, zucchini, yellow squash.	1/2	cup oats
1	apple, peeled and grated	2	level teaspoons pumpkin spice**
		1	cup yogurt ** (plain or any flavor)

Topping: Brown sugar

Method

1. Preheat oven to 400°
2. In a large bowl, stir together the brown sugar, oil, and eggs until well mixed.
3. Stir in the vegetables.
4. Stir in the lemon juice and vanilla.
5. Stir together the flour, oats, and spices.
6. Add the dry ingredients to the batter, alternating with the yogurt.
7. Spoon batter into greased muffin pans. Make them about 3/4 full.
8. Sprinkle top with brown sugar.
9. Bake for about 20 minutes or until muffins rise, and are slightly browned and firm to the touch.
10. Turn onto a rack to cool.
11. May be refrigerated for up to 3 days or frozen.

Notes

- **Self-rising flour is easiest to work with, but it may be substituted with 1 1/2 cup flour combined with 1 1/2 teaspoons baking powder and 1/2 teaspoon salt.
- **Pumpkin spice may be substituted with 1 teaspoon cinnamon combined with 1/2 teaspoon ginger and 1/2 teaspoon grated nutmeg.
- **Buttermilk may be substituted for the yogurt, but yogurt gives a richer result.

And a last note: This recipe can be successfully baked as little loaves. Use the same oven temperature and bake for about 30 minutes.