

Seven Species Muffin Recipe

INGREDIENTS

3/4 cup golden raisins
1/2 cup dried figs, stems removed and roughly chopped 1/2 cup dates, roughly chopped
1-1/4 cup unsweetened almond milk
1/4 cup applesauce
1 tsp cinnamon
1/2 tsp allspice
2 eggs
1/3 cup light olive oil
1/2 cup sugar 1/2 cup brown sugar
1-1/2 tsp vanilla extract
1-1/2 cup all-purpose flour
1/2 cup barley flour
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
3/4 cup pomegranate seeds
1/2 cup chopped walnuts
Nonstick cooking spray or paper muffin tin liners

1. If your raisins are particularly dry, cover them with water and bring to a boil. As soon as the water boils, turn off the heat and let raisins sit in the water to plump for 10 minutes. Drain and pat dry with a paper towel.
2. Preheat oven to 400 degrees F.
3. Using a blender or food processor, combine dates, figs, almond milk, applesauce, cinnamon, and allspice until smooth. Set mixture aside.
4. In a medium bowl, whisk together eggs, light olive oil, sugar, brown sugar, and vanilla extract.
5. In a large mixing bowl, sift together flour, barley flour, baking powder, baking soda, and salt.
6. Gently mix pomegranate seeds into dry mixture, making sure the seeds are well coated w/ flour.
7. Make a well in the middle of the dry ingredients and pour the mixture from the blender into the well. Add the egg mixture to the well.
8. Fold the dry ingredients into the wet ingredients until the dry ingredients are just moistened and a lumpy batter forms. Do not over-mix - your muffins will turn out hard and dense.
9. Fold raisins and chopped walnuts into the batter with a light-handed stir.
10. Spray a small amount of nonstick cooking spray into the bottom of each muffin tin or use paper muffin cup liners. Divide batter equally into muffin cups, filling each cup to the top and mounding the surface slightly.
11. Place muffins in the oven and immediately turn heat down to 375 degrees F. Bake 25-27 minutes until the tops of the muffins are golden brown and a toothpick inserted in the center comes out clean. Remove muffins from tin to cool. Best served warm.