

FRUIT MUFFINS- Great for Breakfast

- 1/3 cup Olive oil
- 1/2 cup Honey or maple syrup
- 2 Eggs
- 2 cups Fresh ground whole wheat flour
- 1 tsp Baking soda
- 1 tsp Cinnamon
- 1/2 tsp Salt
- 1 cup Buttermilk (you may need just a little more)
- 1 cup Fruit (a favorite is stewed prunes-cook prunes in water till plump and soft. Cut into pieces with knife or food processor)
- 1 cup Pecans or walnuts (optional)
- 1/2 cup Raisins (optional)



Recipe Instructions

In Bosch bowl with wire whips or batter whisks, beat oil and syrup together until fluffy. Add eggs and mix. Next add dry ingredients, (wheat flour, soda, cinnamon and salt). Blend in buttermilk, fruit, nuts and raisins until well mixed. Pour into muffin cups until 2/3 full. Bake at 350° for 25 minutes. Makes 12-18 muffins.