



schrute farms: mose's apple-beet muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

1 egg (or your favorite substitution -- I hear Ener-G works best) 1/8 cup pumpkin 1/8 cup canola oil 1/2 teaspoon vanilla 1/4 teaspoon lemon juice 1 teaspoon molasses 1 teaspoon white vinegar 1/2 cup sugar 1/2 cup canned beets -- processed so they are finely grated 1 cup apples, chopped 1 fist-full of dried cranberries 1/4 cup wheat pastry flour 1/3 cup oats 1/4 cup coconut flakes 1/4 teaspoon baking soda 1/8 teaspoon baking powder pinch of salt 1/2 teaspoon cinnamon 1/4 teaspoon nutmeg dash of ginger -- to taste

Instructions

1. Preheat oven to 350 degrees F.
2. Grease muffin tin with butter (or spray with oil). You may also use paper liners.
3. In a large bowl, combine egg (or substitute), pumpkin, oil, vanilla, molasses, lemon juice, vinegar, sugar, beets, apples, cranberries and stir well to combine.
4. In another bowl, whisk together dry ingredients.
5. Add the dry to the wet and stir with a rubber spatula to JUST combine.
6. Fill muffin cups 1/2 to 3/4 full and bake for 12-15 minutes. Mine took 16.