

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Baked Apple Millet Breakfast Cakes

[Taken from Whole Foods Market flier]

Ingredients:

- Canola spray oil
- 2 Gala or Fuji apples (14 to 16oz total), grated
- 1 c uncooked millet
- ¾ c raisins
- ½ c sunflower seeds
- 2 tbsp juice and 1 tsp zest from 1 lemon
- ¾ c organic apple juice

Directions:

- Preheat the oven to 350F.
- Spray a 12-muffin pan with oil.
- In a large bowl, stir together apples, millet, raisins, sunflower seeds and lemon juice and zest.
- Transfer to a prepared pan, spooning about 1/3 c of the mixture into each cup.
- Drizzle 1 tbsp juice over each muffin, cover snugly with foil and bake for 30 minutes.
- Uncover and bake until golden brown and tender, about 15 minutes more.
- Let cool for 30 minutes; loosen edges with a paring knife and transfer to plates. Serve warm or cold.