

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.

Non-Bran Raisin Bran Muffins

Adapted slightly from:

<http://www.elanaspantry.com/bran-muffins/>

Ingredients:

- ½ cup almond flour/meal
- ½ cup flaxmeal/ground flax
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- 6 dates
- 3 eggs
- 2 tablespoons olive oil
- Stevia to taste (0-5 drops)
- ¼ cup water
- ¼ cup sesame seeds
- ¼ cup slivered almonds (or sunflower seeds)
- ½ cup raisins

Directions:

- In a large bowl combine almond flour, flax meal, baking soda and salt and set aside.
- In a blender, blend dates, eggs, olive oil, stevia (if using), and water on high speed until very smooth (Vitamix works great for this step)
- Pour wet ingredients into dry, add in sesame seeds, almonds, (sunflower seeds), and raisins. Fold until just combined.
- Spoon batter into lined muffin pan (mine filled 10.)
- Bake at 350° for 20-25 minutes. Cool and serve.