

BEATRIX[®]

SUPERFOOD MUFFINS

Serving Size: 36 muffins

INGREDIENTS

- 5 cups all purpose flour
- ½ cup coffee flour
- 8 Tbsp. almond flour
- 4 Tbsp. ground flax seed
- 5 Tbsp. rolled oats
- 4 Tbsp. millet
- 4 Tbsp. chia seed
- 2 Tbsp. ground cinnamon
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 cup light brown sugar
- 1 cup granulated sugar
- 1 Tbsp. kosher salt
- 1 cup unsalted butter, melted
- 1 ⅓ cups honey
- 2 cups buttermilk
- 2 cups canola oil
- 4 large eggs
- 4 tsp. vanilla extract
- 4 granny smith apples, peeled, grated and juice squeezed out



METHOD

1. In a large bowl, mix melted butter, honey, buttermilk, canola oil, eggs, and vanilla extract with a whisk.
2. In a stand mixer, place all dry ingredients in the bowl and mix with the paddle attachment.
3. Slowly pour the egg, butter, honey, vanilla extract and canola oil mixture into the bowl while the mixer is running on low. Continue to mix in all liquid until it is well combined.
4. Stop the mixer and fold in grated apples.
5. Pour batter into greased muffin pans (you can use liners, if you wish) and bake at 325°F for 30-35 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

