

MONSTER MUFFINS

A" Ingredients

- 1 egg
- 1/4 cup canola oil
- 1/2 cup applesauce
- 2 cups ripe bananas (about 4)
- 1 tsp. vanilla

"B" Ingredients

- 1 1/4 cup whole grain flour*
- 1 1/4 cup flax
- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1 1/4 cup rolled oats
- 1/4 cup brown sugar or honey (or Xagave)
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. baking soda & 1 tsp. cinnamon

*If you grind your own grain and roll fresh oats, the flour includes the bran and germ. If you are using store-bought whole grain flour, measure 2 Tbsp. wheat bran and 1 Tbsp. wheat germ in a measuring cup and add to the whole wheat flour to make 1 1/4 cups

Soak raisins and cranberries in boiling water for 15 min. and drain. Preheat oven to 325 °F. Mill grain. Measure flax into the Bosch Blender and blend on speed 1 for a few minutes or until there are no whole seeds left. Put aside. Place ingredients "A" in the Bosch blender and blend until smooth.

If

you are using honey or Xagave you can add that to the blender ingredients as well. Place all "B" ingredients including the softened raisins and cranberries with the ground flax in the Bosch mixing bowl equipped with the wire whips and splash ring. Mix well. Add blender mixture slowly into bowl and mix on speed 1 or jog until just combined. Fill greased muffin cups almost full and bake at 325°F for 20 to 25 min. until set and golden. Makes 6

Monster Muffins or 1 dozen medium size muffins.