

Happy~Healthy~Blessed

Pineapple Date Muffins

Recipe taken from Diet for a New World by John Robbins



Ingredients:

- 1 1/2 C. pineapple juice
- 1/2 C. pure maple syrup
- 1/4 C. oil
- 1 t. vanilla extract
- 1/3 C. chopped dates or date bits
- 2 C. whole wheat pastry flour
- 1 1/2 t. baking powder
- 1/2 t. baking soda
- 1/2 t. real salt
- 1 1/2 C. wheat or oat bran
- 1/2 C. Raisins
- 16 oz can crushed pineapple drained
- 1/2 C. chopped macadamia nuts

Rejuvenate Refresh Relax

Happy~Healthy~Blessed

Directions:

Preheat oven to 350. Lightly oil 12 cup muffin tin. Put the wet ingredients together and stir together.

Whisk the dry ingredients together until combined. Stir in the bran and raisins. Add the pineapple mixture. Fold in pineapple and nuts. Spoon batter into tin and bake 20-25 minutes

Rejuvenate Refresh Relax