



VEGAN ORANGE CHERRY MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 10 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½ 1½

1½ cups	all-purpose gluten-free flour, sifted
½ cup	almond flour, sifted
2 tsp.	baking powder, gluten-free
½ cup	chopped raw walnuts
1 tsp.	sea salt (or Himalayan salt)
¼ cup	extra-virgin organic coconut oil
2 Tbsp.	all-natural peanut butter
¾ cup	pure maple syrup (preferably grade B)
1 Tbsp.	finely grated orange peel (orange zest)
¾ cup	fresh orange juice (approx. 1 to 2 medium oranges)
2 tsp.	ground flaxseed
1 cup	thickly sliced banana, very ripe (approx. 1 large banana)
1 tsp.	pure vanilla extract
½ cup	chopped fresh cherries

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Prepare 12 muffin cups by lining with muffin papers and lightly coating with spray.
3. Combine flour, almond flour, baking powder, walnuts, and salt in a large mixing bowl; mix well. Set aside.
4. Place oil, peanut butter, maple syrup, orange peel, orange juice, ground flaxseed, banana, and extract in blender; cover. Blend until smooth; approx. 30 seconds.
5. Add peanut butter mixture to flour mixture; mix until just moistened. Do not overmix.
6. Add cherries; fold until just mixed.
7. Spoon batter into prepared muffin cups. (One-quarter cup batter should fill each cup about three-quarters full.)
8. Bake for 18 to 20 minutes, or until tops are golden brown and a toothpick inserted into the center of a muffin comes out clean.
9. Remove from oven; allow to cool for 5 to 10 minutes before removing muffins from pan and cooling completely on a rack. Enjoy!

TIPS:

- Not all brands of all-purpose gluten-free flour are vegan, so be sure to check the label.
- Grade B maple syrup has a very strong, intense flavor that can be similar to molasses, and is perfect for baking.

NUTRITIONAL INFORMATION (per serving): **Calories:** 240 **Total Fat:** 12 g **Saturated Fat:** 5 g **Cholesterol:** 0 mg **Sodium:** 266 mg **Carbohydrates:** 32 g **Fiber:** 3 g **Sugars:** 18 g **Protein:** 4 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.