

Butternut Squash, Apple, and Blueberry Muffins

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: 12 Muffins

Serving Size: 1 Muffin

Ingredients:

½ cup 100% pure squash or pumpkin puree*
 1 ¼ cups quinoa flour
 ½ cup almond flour
 ½ teaspoon baking powder
 ½ teaspoon baking soda
 ½ teaspoon salt
 ½ teaspoon ground cinnamon
 ½ teaspoon ground ginger
 3 large eggs**

¼ cup coconut palm sugar
 2 tablespoons maple syrup
 1/3 cup coconut oil, melted
 1 teaspoon pure vanilla extract
 ½ teaspoon grated lemon zest
 1 cup blueberries fresh or frozen and thawed
 1 sweet apple (Gala, Pink Lady, Honey Crisp), peeled, cored, and grated or chopped into fine pieces

Optional: 2 tablespoons chopped nuts (walnuts, almonds, or hazelnuts work well)

Directions:

1. Heat oven to 350 degrees and line a muffin pan with 12 baking cups.
2. In a large bowl, whisk flours, salt, baking soda, baking powder, cinnamon, and ginger.
3. In a separate bowl, whisk together eggs, 1/2 cup squash puree, sugar, maple syrup, oil, vanilla, and lemon zest.
4. Fold wet ingredients into dry ingredients until well incorporated, batter should be thick, if it's not add more quinoa flour 1 tablespoon at a time. Then fold in apple and blueberries, spoon batter into baking cups and sprinkle with nuts (optional).
5. Bake until golden brown and a toothpick inserted in centers comes out clean, about 20-25 minutes.
6. Transfer to a wire rack to cool.

Tips and Tricks:

*You can either buy the canned version or if you want to make the puree yourself, buy one small butternut squash. Then peel, de-seed, dice and steam for 10-15 minutes. Then toss it into a blender or food processor and puree until smooth. Freeze extra for up to 3 months.

**For an egg free version, substitute 2 flax eggs (2 tablespoons ground flaxseed whisked vigorously with 5 tablespoons cold water, then placed in fridge for 10 minutes). Also add 1 teaspoon apple cider vinegar to wet ingredients.

Nutritional Information Per Serving:

Calories: 179
Fat: 10.2 g
Cholesterol: 46.5 mg
Sodium: 193.7 mg
Total Carbohydrate: 17.9 g
Dietary Fiber: 2.9 g
Sugars: 6.4 g
Protein: 4.5 g