

Summer Squash *raisin and nut muffins*

ingredients

1/2 C raisins
2 C grated summer squash
1/2 chopped walnuts or pecans
2 eggs
3 T olive oil*
1/4 C honey
1 3/4 C whole wheat pastry flour
1/4 C rolled oats
6 T wheat germ (or oat/wheat bran)
2 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
2 tsp. grated orange rind (or lemon)

directions

Preheat oven to 400 degrees.
Combine raisins, nuts, and summer squash - set aside. In a mixing bowl beat together the eggs, oil, honey, and vanilla. Add the squash and raisin mixture. In another bowl, mix the dry ingredients plus the orange rind. Stir both wet and dry ingredients together until just combined. Line a muffin tin with 12 muffin papers. Fill the papers 1/2 - 3/4 full and bake for 20 minutes, or until springy to the touch and golden brown.

notes

*you may substitute olive oil with butter or nut oil (walnut or almond work great)

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