

Hello Sunshine Muffins



Ready in 30 minutes

Makes 12 muffins

182 calories

Ingredients

- 1 medium orange
- ½ cup orange juice
- ½ cup pitted dates
- 1 egg
- ½ cup vegetable oil
- 1 cup unbleached flour
- ½ cup whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 3 tbsp honey

Preparation

1. Preheat the oven to 400F.
2. Lightly grease a muffin tin or use paper liners.
3. Mix the flours, baking soda, and baking powder in a medium sized bowl.
4. Peel the orange and remove seeds. Place pieces into a blender or food processor with orange juice. Blend until relatively smooth.
5. Add dates and blend until dates are finely chopped.
6. Add egg, vegetable oil, and honey and blend until smooth.
7. Pour the wet ingredients into the dry ingredients and stir lightly until combined.
8. Spoon the batter into the muffin cups.
9. Bake in the centre of the preheated oven for 15 minutes - until golden and a toothpick inserted into the muffin comes out clean.
10. Enjoy when cooled, or freeze for easy snacks and breakfasts!

NOTES: Find this recipe in the Spring 2015 Green Sward!