

Cranberry Walnut Breakfast Muffins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup oat flakes or old fashioned rolled oats
- 1 cup almond flour (ground almonds or almond meal)
- 1 cup oat bran*
- 1/4 cup ground flaxseeds
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp aluminum-free baking soda
- 2 medium eggs
- 1/2 cup maple syrup
- 3/4 cup nut or rice milk
- 1 cup dried cranberries
- 1/4 cup chopped walnuts
- 1 tbsp coconut sugar

Instructions:

1. Preheat oven to 350F degrees (180C). Line a muffin tray with paper cups or grease really well with coconut oil.
2. Combine all the dry ingredients into a large bowl: oats, almond flour, oat bran, ground flax, cinnamon, nutmeg and baking soda.
3. In a small bowl, combine eggs, maple syrup and nut milk.
4. Add the wet ingredients to the large bowl of dry ingredients and mix just until combined.
5. Fold in dried cranberries.
6. In a small bowl combine chopped walnuts and coconut sugar.
7. Pour muffin batter into 12 muffin tins. Evenly divide walnut coconut sugar topping between 12 muffins.
8. Bake for 22-25 minutes, until a fork inserted comes out clean and golden brown on top. Let cool for 5 minutes and remove from muffin tin and let cool another 10 minutes.

Notes:

Makes 12 muffins. *Don't have any oat bran? Place 1 cup of oats in a food processor and blend until a coarse texture. This is the similar texture to oat bran and works as a perfect sub.