

Blueberry-Walnut Muffins with Fruit Compote

Blueberry-Walnut Muffins

Yield: 12 muffins

1 cup whole wheat flour
1 cup whole wheat pastry flour
1/3 cup natural sugar
2 tsp baking powder
1/4 tsp salt

1 cup soy, rice or almond milk
1 t lime or lemon juice

3 ripe bananas, mashed
1/2 cup olive or safflower oil
1 cup fresh or frozen blueberries
1/2 cup walnut pieces

Preheat oven to 375 degrees and lightly grease a muffin pan (for 12 muffins). Add lime or lemon juice to the soy, rice or almond milk; set aside. In a large bowl, mix together the flours, sugar, baking powder and salt. Combine mashed bananas and oil. Mix in milk. Add liquid ingredients to dry and mix – don't overmix. Fold in the blueberries and walnuts. Spoon the batter in to the muffin pan – muffin cups will be full. Bake for 30-35 minutes until golden brown. Remove muffins from pan after a few minutes and cool on a rack.

Fruit Compote

Yield: 2 cups

1/3 cup chopped dried prunes
1/3 cup yellow raisins
1/3 cup dried cranberries
1/3 cup dried cherries
2/3 cup dried apricots
Hot or boiling water to cover fruit
2 t freshly grated lemon zest
2 t fresh lemon juice, or to taste

In a large bowl or saucepan combine all of the dried fruit and add enough boiled or hot water to cover. Soak for 10 minutes. Place fruit, 1 1/2 cups of the soaking liquid, lemon zest and the lemon juice in a sauce pan and bring to a boil. Reduce heat and simmer the mixture for 10 to 20 minutes or until the fruit becomes tender and most of the water has evaporated. Serve warm or at room temperature.

For more information see: www.e2se.org