

## 1. Raisin-Date Apple Muffins, makes 12

*Raisin-date puree replaces added sugar and fat in these light and cinnamon-y apple muffins.*

### INGREDIENTS

- ½ cup golden or natural raisins
- ½ cup pitted dates (10 deglet noor or 8 large medjool dates)
- ¾ cup hot water
- 2 eggs
- 1 cup GF all purpose flour\*
- ½ cup almond meal or almond flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ cup natural raisins
- ½ cup sweet apple unpeeled, shredded

### DIRECTIONS

2. Heat oven to 375°F. Grease 12 (2-inch) muffin cups, or coat with cooking spray.
3. Whirl golden raisins, dates, and hot water in a blender or food processor until fruit is evenly pureed. Add eggs and whirl just to blend.
4. Combine flour, almond meal, baking soda, cinnamon, and salt in a medium bowl. Stir with a whisk to blend.
5. Add raisin-date puree, raisins and apple to flour mixture; stir just until dry ingredients are moistened.
6. Spoon batter into prepared muffin cups.
7. Bake 16-17 minutes or until tops spring back when lightly touched. Cool in pan for 3 minutes. Remove muffins to wire rack to cool completely. Store airtight 2-3 days or freeze for longer storage.

Kitchen note: Gluten-Free flour may be used but will require adjustments.

A greased muffin tin is recommended instead of paper liners; muffins may stick to them.

By Rosemary Mark at <http://getcookingsimply.com/?s=raisin-date+apple+muffins>