



Mighty Muffins

MAKES 6 LARGE MUFFINS OR 1 BIG LOAF

Adapted from the Engine 2 Diet by Rip Esselstyn

3 cups rolled oats, slightly ground in a food processor
1 tsp baking powder
Juice of 1 lemon
1 large apple, grated
6 brown bananas, lightly mashed (leave some chunks)
¼ cup walnuts, chopped or halved
¼ cup raisins
¾ cup apple juice

Preheat oven to 375. Combine the dry ingredients in a large bowl. Squeeze the juice of the lemon onto the combined apple and bananas. Add walnuts, raisins, and juice. Combine the wet and dry ingredients into one bowl, but don't overmix. Pour into lined muffin tins or a parchment paper lined loaf pan and bake for 30 minutes for muffins, 45 minutes for a loaf, or until golden brown on top.

See Health Starts Here program materials in store and online



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