

Jill's Joyful Kitchen



Almond Strawberry Muffins

Makes one dozen muffins, or 20 mini muffins

- 1 cup fresh almond milk
- 1 tablespoon apple cider vinegar
- 2 tablespoons ground flax seeds
- 2 tablespoons canola oil
- ½ teaspoon vanilla extract
- 1/3 cup maple syrup or agave nectar
- 2 tablespoons almond pulp (optional)*
- 1 teaspoon orange zest, grated
- ¾ cup unbleached white flour
- ¾ cup whole wheat pastry flour
- 1/4 teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 ½ cups frozen strawberries, chopped small (keep frozen until read to use)
- ¼ cup slivered almonds, toasted

Preheat oven to 350 degrees. Line a 12 cup cupcake/muffin tin with cupcake liners or spray the tin with non-stick cooking spray. Measure the almond milk in a small bowl or a 2 cup glass measuring cup. Add the apple cider vinegar and set aside for a few minutes to curdle. In a large mixing bowl, whisk the flours, salt, soda, orange zest, and baking powder.

Add the almond pulp, maple syrup, ground flax seeds, canola oil, and vanilla to the almond milk mixture and whisk to combine. Pour the almond milk mixture into the flour mixture and gently stir just to combine and moisten the ingredients. Fold in the strawberries. Scoop batter into muffin cups. Sprinkle with slivered almonds. Bake for 24-26 minutes (mini muffins bake for 14-16 minutes) or until toothpick inserted in center comes out clean. Cool in pan for 10-15 minutes.

*I love making my own fresh almond milk for this recipe and what better way to make use of the left over pulp than to make muffins! The wet pulp adds a nice a moistness and texture, plus added fiber. No worries if you don't make your own milk, prepackaged almond milk will do nicely.

