

Tammy and Judi's 7 Species Muffins



Ingredients

Fruit Mixture

Blend together to a smooth mixture:

- 1/2 cup dried figs, roughly chopped
- 1/2 cup dates, roughly chopped
- 1 1/4 cups unsweetened almond milk
- 1/4 cup applesauce
- 1 tsp cinnamon

Wet ingredients

In a medium mixing bowl, whisk

- 2 large eggs
- 1/3 cup light olive oil
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 1/2 tsp vanilla extract

Dry ingredients

Sift into a large mixing bowl

- 1 1/2 cups all purpose flour
- 1/2 cup barley flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- Gently add to the flour and coat well
- 3/4 cup pomegranate seeds
- 1/2 tsp allspice

Final additions

- 1/2 cup chopped walnuts
- 3/4 cup sultanas

Instructions

1. Preheat oven to 200 degrees Celsius
2. Make a well in the middle of the Dry ingredients' mixture
3. Pour the fruit mixture and wet mixture into the well.
4. Gently fold the ingredients together, combining but not over mixing.
5. Add in the walnuts and sultanas
6. Line Muffin tin with paper liners
7. Divide batter into muffin cups
8. Place tins in oven and turn oven down to 190 degrees Celsius straight away
9. Bake for 35 mins or until toothpick comes out clear when inserted into muffin
10. Cool for 10 mins and then allow to cool on wire rack.