

Mesquite Date Nut Muffins

1 1/2 c chopped dates
3 c hot water

1 1/2 c sugar
3/4 c butter

1 1/2 c water
1 c pecan pieces
4 eggs
1 1/2 t baking soda
1 1/2 t vanilla
1/4 t salt
2 T ground flax (opt)
3/4 c mesquite flour
2 c white whole wheat flour

Combine dates & hot water. Let stand 10 min, drain, cover & refrigerate until cold. Preheat oven to 350°.

Line muffin cups with paper liners

Beat butter &

sugar together until creamy. Add water, pecans, eggs, baking soda, vanilla & salt & mix until well blended.

Add flax & flours & mix until just moistened. Fold in cold dates & spoon into prepared pans. Bake 20-25 min until skewer inserted into middle comes out clean. (Mini loafs 30 min)

Baja Arizona Sustainable Agriculture