

Mesquite Apple Muffins

1 c white whole wheat flour
1/2 t baking soda
1/2 c mesquite flour
1/2 t salt
1 t cinnamon
1/4 t baking powder
1/4 t nutmeg

2 eggs, beaten
1/4 c cooking oil
1 c sugar
2 c fine shredded apple
1 c chopped nuts

Preheat oven to 325°. Line muffin cups with paper liners. In a medium bowl, combine flours, cinnamon, baking powder, soda, salt and nutmeg and set aside. In another bowl, combine egg, sugar apple and oil. Add to flour mix all at once and stir until just moistened but do not overmix. Fold in nuts. Fill muffin cups about 2/3 full with batter. Bake 20-30 min until straw inserted in center comes out clean. Cool completely on a wire rack.

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