

## **Apple Hemp Muffins**

Adapted from Recipe on: [Dreenaburton.com](http://Dreenaburton.com)

### **Ingredients:**

- 1 ½ cups whole wheat flour
- 1 cup oat flour
- 2-3 cup hemp seeds
- 2 tsp baking powder
- 1 tsp baking soda
- ¼ tsp sea salt
- 1 ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 cup applesauce
- ½ cup maple syrup
- ¾ cup plain or vanilla plant milk
- 1 ½ tsp vanilla
- 1/3 cup raisins

### **Directions:**

1. Preheat oven to 350 degrees. Line a muffin pan or grease/flour an 8x8 pan.
2. In a large bowl combine the dry ingredients. Stir well.
3. In another bowl combine wet ingredients: applesauce, maple syrup, milk, vanilla.
4. Add the wet ingredients to the dry mixture until just combined.
5. Fold in the raisins.
6. Bake muffins for 20-25 minutes, rotating tray halfway. Bake an 8x8 pan 30 minutes, rotating every 10. Add five minutes if needed or bake until toothpick comes out clean.
7. Cool for ten minutes before enjoying.