

Moist Fiber-Rich Muffins

Fabulous bread baker Susan Brooking shares this flavor packed zucchini muffin recipe.

1 1/2 c. unbleached all-purpose flour
1 c. whole-wheat pastry flour
1 c. wheat bran
1/4 c. toasted wheat germ
2 t. baking powder
1/2 t. baking soda
1 1/2 t. cinnamon
1 t. fine sea salt
1/2 c. honey
1/3 c. grapeseed oil
1 1/4 c. cultured buttermilk
1/2 c. orange juice concentrate or zest of two oranges and 1/2 c. juice
2 large eggs
1 c. packed shredded zucchini
1 c. (6 oz.) chopped dried plums (prunes!)
1 c. (4 oz.) chopped toasted pecans
1 T. unbleached all-purpose flour

Streusel Topping (optional):

1/2 c. brown sugar, packed
1/3 c. oats, not instant
1/3 c. flour
1/4 c. unsalted butter, melted

Prepare your muffin tins by greasing both the muffin cups and the pan rims with softened butter or other solid shortening. Preheat the oven to 375°. Put the nuts on a cookie sheet and place in the preheating oven for 10 minutes to toast. Chop the dried plums, zest the oranges (if using), measure the shredded zucchini. Place all in a bowl and toss with 1 tablespoon flour. Chop the toasted nuts and add to the fruit.

Measure the dry ingredients (first 8 ingredients listed) into a large bowl and use a whisk to combine well. Measure the wet ingredients (next 4 ingredients listed) into a 4 cup measure. Add the eggs and whisk to combine well. Stir the wet ingredients into the dry ingredients just to moisten. Add the fruit mixture and continue to stir until all is just moistened. Do not over mix- lumps are okay.

Spoon mixture into prepared muffin tins just barely to the top of each muffin cup. If desired, top with Streusel Topping by mixing Streusel ingredients and pressing 1 teaspoon of streusel mixture onto each muffin. Bake at 375° for 20 minutes until golden

in color and springy to the touch. Let rest in pans for 5 minutes after removing from the oven. Place topside down to finish cooling after removing from pans. Serve warm!
Muffins freeze well for up to 3 months. Makes 18 2" muffins.