

Buckwheat-Oat Muffins with Dried Fruit



Recipe courtesy of Melissa Gaman for Food Network Kitchen
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These gluten- and dairy-free muffins are super hearty and satisfying. When making them, be sure to grate a larger-sized apple as it provides needed moisture and flavor to bind the batter together.

Level: Easy

Total: 1 hr 30 min

Active: 20 min

Yield: 12 muffins

Ingredients:

Cooking spray

1 cup buckwheat flour

1 cup rolled oats, plus more for topping

1/2 cup almond flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon salt

1/4 teaspoon baking soda

1/4 teaspoon ground allspice

1/3 cup raisins

1/3 cup chopped dried pineapple

2/3 cup sugar

1/4 cup oat milk

1/4 cup melted coconut oil, cooled slightly

2 tablespoons molasses

2 large eggs

1 large Gala apple, grated on the large holes of a box grater (about 1 heaping cup)

Directions:

1 Preheat the oven to 400° F. Line a 12-cup muffin pan with paper liners and mist with cooking spray (or use nonstick liners and skip the cooking spray). Whisk together the buckwheat flour, oats, almond flour, baking powder, cinnamon, ginger, salt, baking soda and allspice in a medium bowl. Add the raisins and dried pineapple and toss to coat.

2 Whisk together the sugar, oat milk, coconut oil, molasses and eggs in a large bowl until combined. Stir in the flour mixture, then stir in the grated apple. Divide among the muffin cups and sprinkle the tops with a few oats.

3 Bake until a toothpick inserted into the centers comes out clean, 20 to 22 minutes. Let cool 5 minutes in the pan, then remove the muffins to a rack to cool completely.



Photograph by David Malosh

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