

“Rock What You Got” Muffin Recipe

This recipe is a great way to use up fruit and veggies that are about to go bad. It doesn't matter if they are a little too soft because you're going to puree them anyway.

2 cups fruit or veggie puree
¾ -1 cup sugar
2/3 cup water
4 eggs
1/2 cup vegetable oil
1 tsp. cinnamon
1 tsp. salt
1 tsp. ginger
1/2 tsp. baking powder
2 tsp. baking soda
1 1/2 cups whole wheat flour
2 cups whole wheat flour

~Preheat oven to 350 degrees

~Beat sugar, puree, water, eggs, and oil in mixer until blended

~Add dry ingredients and mix well

~Drop batter into 24 muffin cups that have been greased or lined

~Bake 15 minutes.

*The only puree that must be from a cooked vegetable is the sweet potato and pumpkin. All other puree can be made from raw fruits and veggies. The zucchini and squash will not puree all the way down - it's more of a fine chop.

Adapted from: <http://tidybrowwnwren.blogspot.com/2011/02/rock-what-you-got-muffin-recipe.html>