



Maple Glazed Muffin Tops

Breakfast treat with protein-rich *nuts*, fiber-filled *oats*, sweet *berries*

Berries:

1/2 cup dried blueberries

1/4 cup dried cranberries

1/2 cup hot water

Moist Ingredients:

3 Tablespoons organic applesauce

2 Tablespoons maple syrup

1 Tablespoon almond butter

1 teaspoon orange zest

1/2 cup fresh orange juice

1 teaspoon pure vanilla

Dry Ingredients:

1 cup all-purpose flour

1/2 cup organic quick oats (not instant oats)

1/2 teaspoon (each) baking powder; baking soda

1/8 teaspoon sea salt

1/2 teaspoon cinnamon

Add-Ons

1/2 cup chopped walnuts

3 to 4 Tablespoons fine chopped walnuts

Topping: 2 Tablespoons (each) orange juice; maple syrup

Soften Berries: Place the dried blueberries and cranberries in hot water; set aside to soften about 10 minutes. Drain water from berries. Lightly pat dry with paper towel; set aside.

Before Baking: Preheat oven to 350 degrees F. Place silicone baking pads on two cookie sheets.

Combine Moist Ingredients: Combine all liquid ingredients in medium-size bowl until well combined.

Combine Dry Ingredients: In a large bowl, stir all dry ingredients together. Stir orange juice mixture into flour mixture to form batter; Do not over mix

Add Berries & Walnuts: Fold in reserved softened berries and 1/2 cup walnuts.

Bake in Oven: Using a 3-inch scooper, place rounds of dough on cookie sheets. With lightly floured hands, pat dough rounds to flatten to muffin size. Sprinkle fine chopped walnuts over each round. Bake in 350-degree F oven for 12 to 14 minutes or lightly browned.

Broil in Oven: Combine orange juice and maple syrup in small bowl; brush top of warm cookies juice mixture. Return muffin tops to oven; broil for about 2 to 3 minutes or golden brown. Remove from oven to cooling rack. Muffin tops can be served warm or at room temperature.

Yield: 10 breakfast muffin tops

Recipe Inspired by: foodrevolutionsummit.org/recipes

About the Recipe: How many times have you nibbled off the top of a muffin because you loved the crunchy crust? Muffin Tops are the great breakfast treats, especially if they are flavored with oranges and sweet berries. These muffin tops are the perfect companion for a special weekend breakfast.