



### **Raisin Cornflakes Morning Muffins**

*A quick breakfast, afternoon snack, or even a special after dinner treat*

- 1/2 cup unsweetened almond milk
- 1/4 cup dark or golden raisins
- 2 Tablespoons ground flaxseed
- 1/3 cup firmly packed brown sugar
- 1 cup coarse crushed cornflakes cereal
- 1-1/4 cups all-purpose flour
- 1/4 cup ground pecans or almonds
- 2 teaspoons baking powder (TRY 3 TEASPOONS & DROP BAKING SODA)
- 1 teaspoon baking soda
- 1 teaspoon apple pie spice
- 1/2 teaspoon fine salt
- 2 eggs
- 2/3 cup vanilla Greek ALMOND MILK yogurt or sour cream
- 1/2 cup Gala apple (washed; grated with skin- 1 apple)
- Topping:** non-melting confectioners' sugar

**Directions:**

- Using a small saucepan, bring milk to a boil; pour over the raisins.
- In a bowl, mix the flaxseed, brown sugar, cornflakes, flour, pecans, baking powder, baking soda, apple pie spice, and salt.
- In a separate bowl, whisk egg, yogurt, grated apple, and milk mixture.
- Add egg mixture to dry ingredients, mix only until combined.
- Spoon mixture a muffin pan sprayed with paper cups or lined with nonstick paper cups.
- Cook at 350 degrees for 20 to 23 minutes or until light golden-brown.
- Let cool. Sprinkle top with non-melting confectioners' sugar before serving. Yield: 12 large muffins

**Note:** Raisins are acidic, but they can be used in dishes with milk or cereal, which creates a buffering of the acid.

**About the Recipe:** Muffins are quick to mix up for a quick breakfast, afternoon snack, or even a special after dinner treat. It's easy to add your own spices or other add-ins. This recipe zooms in featuring flaxseeds, cereal flakes, a fresh grated apple, and touch of softened raisins. They are ready when you are for work, school, lunch, a picnic, or even your morning run.