



Moon Rock Muffins

*These are dense muffins but quite moist. A tasty way to get fiber and fruit into your diet!
Makes 22-24 muffins.*

Ingredients

1/2 cup vegetable or canola oil
1/2 cup sugar
2 eggs
1 teaspoon vanilla
2 ripe bananas
Fifteen pitted prunes*
1 apple, peeled, cored and roughly chopped (or 1/2-cup applesauce)
1-1/4 (5.5 ounces) cups whole-wheat flour
1/2 cup (2.5 ounces) ground flaxseed
1/2 cup (2.5 ounces) oat bran
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 cup semi-sweet mini-chocolate chips
1 cup Craisins or raisins (or a combination)
Cooking Spray

Instructions

Preheat oven to 350 degrees.

Line two 12-cup muffin tins with cupcake wrappers and spritz wrappers with cooking spray.

Whisk flour, flaxseed, oat bran, baking powder, baking soda and salt together in a medium-sized bowl. Set aside.

Place oil, sugar, eggs, vanilla, bananas, prunes and apple into a large mixing bowl. Using a hand-held immersion stick blender, puree until the mixture is blended and the apples

and prunes are very tiny pieces. (Alternately you can use a food processor to puree the ingredients together.)

Add dry ingredients to the fruit mixture and stir by hand just until moistened.

Add chocolate chips and Craisins/raisins and gently stir until incorporated.

Fill cupcake liners 3/4 of the way full with the batter. I like a spring loaded 2 tablespoon cookie scoop for this.

Bake at 350 degrees for 18-20 minutes, rotating the pans halfway through the baking period. Remove from pan and cool on a wire rack.

These will keep for five days stored in an airtight container. If you live in a hot and/or humid place, store in the refrigerator. Alternatively, wrap individual muffins in plastic wrap or foil and place in a freezer-safe plastic bag. Freeze for up to four months. Remove muffins from the freezer as needed, leaving the plastic wrap on, and thaw until room temperature. Reheat in the microwave for a few seconds and enjoy!

*If you don't have an immersion blender or food processor, place prunes in a heatproof dish with 2 tablespoons of water and cover with plastic wrap. Microwave on high for 1-1/2 minutes. Remove and let cool slightly, then finely mince before adding to the recipe. Either use applesauce or grate an apple and mash the bananas with a fork before proceeding with mixing the wet ingredients together.