



Seven Species Muffins

Preheat oven to 400° F.

Roughly chop dates and figs. Set aside

Use a blender or food processor to blend together: and set aside

½ cup dried figs

½ cup dates

1 ¼ cup unsweetened almond, soy, or coconut milk

¼ cup applesauce

1 tsp cinnamon

½ tsp allspice

This should look like apple butter or fruit preserves

In a medium bowl, whisk together:

2 eggs

1/3 cup olive oil

½ cup sugar

½ cup brown sugar

1 ½ tsp vanilla extract

In a large bowl, sift together:

¾ cup all purpose

¾ cup whole wheat flour

½ cup barley flour

2 tsp baking powder

½ tsp baking soda

¼ tsp salt

Gently mix ¾ cup chocolate or plain pomegranate seeds into the dry mixture, making sure the seeds are well coated with flour.

Make a well in the middle of the dry ingredients. Pour the fruit mixture into the well, followed by the egg mixture. Fold together until the dry ingredients are just moistened.

Fold in $\frac{3}{4}$ cup golden raisins and $\frac{1}{2}$ cup chopped walnuts.
Divide into muffin pan and top each muffin with cinnamon sugar if you want.

Place muffins in the oven and immediately turn heat down to 375° . Bake for 25-27 minutes until the tops of the muffins are golden brown and a toothpick inserted in the center comes out clean. Let muffins cool for 10 minutes before removing from the tin and cooling on a rack.