

Wheat-Free Double Berry Muffins



Ease of Preparation: *Easy*

Preparation Time: *10 min*

Cook Time: *25 min*

Servings: *16*

Recipe By: *Kate Lynde*

MOLBECK'S
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INGREDIENTS

1 cup quick rolled oats	1/4 cup water or 1/4 cup apple juice
1 cup barley flour	1 beaten egg
1 teaspoon baking soda	1/4 cup canola oil
2 teaspoons baking powder	1/4 cup organic applesauce
1/4 teaspoon salt	1 cup frozen cranberries
1/2 teaspoon cinnamon, ground	1/2 cup frozen raspberries
1/2 teaspoon cardamom seeds, ground	1/2 cup chopped walnuts
3/4 cup vanilla yogurt	

DIRECTIONS

Preheat oven to 400 degrees. Grease or spray muffin tin.

Mix dry ingredients. In a separate bowl or large measuring cup, mix all liquid ingredients, including applesauce. Add liquid to dry, mixing until barely mixed; do not over mix. Add cranberries, raspberries and walnuts. Again, barely mix.

Spoon into muffin tin, filling about 3/4 full. Bake for about 25 minutes. Cool before serving.

NUTRITION FACTS

As prepared, each serving contains 130 calories, 7g total fat, 15mg cholesterol, 190mg sodium, 14g total carbohydrate and 3g protein. 90mg sodium, 4g total carbohydrate and 23g protein.