

Breakfast Muffins

Recipe By *Sari Matyas*



Cooking and Prep:  25
m

Serves:  12

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Low Fat,
Pescetarian

Source: Family Table by
Mishpacha Magazine

These muffins are a perfect on-the-go snack that the kids will love. You can let them enjoy these muffins guilt free, as they are filling and sugar free!

Ingredients (12)

Muffins

- 1 cup oats
- 1 and 1/2 cups **Shibolim Spelt Flour**
- 1 tablespoon agave nectar
- 1/2 cup **Haddar Applesauce**
- 2 teaspoons **Haddar Baking Powder**

1 and 1/2 teaspoons baking soda

1 cup apple juice

1 large egg

1/2 cup **Glicks Chocolate Chips**

Crumble

4 tablespoons **Glicks Chocolate Chips**

6 tablespoons oats

2 tablespoons oil

Start Cooking

Make the Muffins

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Mix oats, flour, agave nectar, applesauce, baking powder, baking soda, apple juice, and egg together. Stir in chocolate chips and pour batter into 12 lined muffin cups, filling each three quarters full.
3. Combine all crumble ingredients in a small bowl and sprinkle one tablespoon over each muffin.
4. Bake for 17–20 minutes until centers are firm and muffins are light brown.

Note:

You can also add slivered almonds for extra flavor.