

Peach Flax Muffins

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adapted from the Joy of Cooking's Banana Nut Muffins

1 1/2 c. all-purpose flour

1/2 c. ground flax seed

2 t. baking powder

1/2 t. baking soda

1/4 t. salt

1 egg

1/2 c. light brown sugar

3 peaches - blanched, peeled and pureed

4 T. canola oil

1 t. vanilla

Combine the dry ingredients in a bowl and set aside. Combine the wet ingredients in a bowl, slightly beating the egg and pour over the dry ingredients. Mix just until combined and distribute amongst a 12 place muffin pan (no muffin liners) that has been sprayed lightly with canola oil spray. Sprinkle generously with coarse sugar. Bake at 375 degrees for 15 to 17 minutes.

Let the muffin pan cool on a cooling rack for 10 minutes before removing muffins.

Serve warm with butter or topped with a generous dollop of greek yogurt!

Freeze leftover muffins and reheat one for 20 to 30 seconds in the microwave for a fast and hearty breakfast muffin.