



Makes 12 muffins
Preparation Time: 20 minutes
Cook Time: 35 minutes

INGREDIENTS:

1 cup unsweetened, unflavored plant-based milk
1 tablespoon flaxseed meal
1 teaspoon apple cider vinegar
2¼ cups spelt flour
¾ cup evaporated cane sugar
1 tablespoon regular or sodium-free baking powder
2 teaspoon ground ginger
1 teaspoon ground cinnamon
½ teaspoon sea salt
¾ cup unsweetened applesauce
1 teaspoon pure vanilla extract
4 medium peaches, peeled, pitted, and cut into ¼-inch-thick slices (2 cups)

Ginger-Peach Breakfast Muffins

Not a morning person? Having a batch of these delicious peach **breakfast** muffins ready to go will certainly put a spring in your step in the early hours. The fluffy batter is infused with warming cinnamon and ginger and made extra moist with a scoop of applesauce. Juicy peaches get delectably caramelized in the oven as they bake so these healthy pastries taste like dessert for breakfast. Pro tip: To get big, beautiful muffin domes, be sure to fill muffin cups all the way to the top.

From Forks Over Knives: The Cookbook

By Isa Chandra Moskowitz

- 1** Preheat oven to 350°F. Line twelve 2½ -inch muffin cups with paper, foil, or silicone bake cups.
- 2** In a glass measuring cup whisk together milk, flaxseed meal, and vinegar about 1 minute or until foamy. In a large bowl stir together the next six ingredients (through salt). Make a well in the center of flour mixture. Add milk mixture, applesauce, and vanilla to flour mixture. Stir just until batter is lumpy (do not overstir). Gently fold in peach slices.
- 3** Spoon batter into prepared muffin cups, filling each to the top. Bake 24 to 27 minutes or until a toothpick inserted into centers of muffins comes out clean. If desired, lightly brush tops with water and sprinkle with a little additional sugar. Cool in pan on a wire rack 20 minutes before serving.