



Makes 8 muffins
Preparation Time: 15 minutes
Cook Time: 25 minutes

INGREDIENTS:

¾ cup whole wheat flour
½ teaspoon baking soda
¼ teaspoon sea salt
1 tablespoon flaxseed meal
6 ripe plums
¼ cup unsweetened applesauce
2 tablespoons sunflower seed butter
2 tablespoons pure maple syrup
2 teaspoons grated fresh ginger
1 teaspoon pure vanilla extract

Fresh Plum Muffins

Fresh plums stand front and center in these moist, sweet-as-summer muffins. Plums add fruity flavor to the batter, and thin slices of the stone fruit, fanned on top of each muffin, become jammy when cooked. With a light crumb and sweetened with maple syrup and applesauce, these magnificent vegan plum muffins are as delicious as they are healthy. They make a great breakfast, afternoon snack, or sweet treat at your next [cookout](#).

For more inspiration, check out these tasty ideas:

- [Plum Rosette Tarts](#)
- [Blueberry Oat Breakfast Muffins](#)
- [Orange-Plum-Rosemary Ice Pops](#)
- [Ginger-Peach Breakfast Muffins](#)

By Nancy Macklin, RDN

- 1** Preheat oven to 375°F. Line eight 2½-inch muffin cups with foil liners or use a silicone muffin pan. In a medium bowl stir together flour, baking soda, and salt.
- 2** In a small bowl stir together flaxseed meal and 2 tablespoons water. Let stand 5 minutes. Halve and pit two of the plums. Place in a blender with the remaining five ingredients. Add flaxseed mixture. Cover and blend just until smooth. Add to flour mixture; stir just until blended.
- 3** Spoon batter into muffin cups, filling each halfway. Slice the remaining four plums and arrange slices on top of the muffin batter.
- 4** Bake 26 to 30 minutes or until muffins look set and a toothpick inserted in the centers comes out clean. Cool in pan on a wire rack 5 minutes. Remove; cool completely on wire rack.