

POMEGRANATE GINGER MUFFINS

Ingredients

Makes 12-24 muffins depending on size of the muffin tray.

2 cups all-purpose flour gluten free flour
1/2 + 1 Tbsp cups sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/3 cup minced crystallized ginger (only 1/4 cup if using pure ginger root)
1 teaspoon grated lemon peel
1 1/4 cup pomegranite seeds
1 cup milk (or dairy alternative like coconut milk)
1 large egg
1/4 cup butter (or coconut butter) melted and cooled

Directions

In a bowl mix the flour, sugar, baking powder, and salt. Stir in crystallized ginger, lemon peel, and pomegranate seeds.

In a separate bowl, blend milk, egg, and butter. Pour all the liquid into the centre of the dry ingredients. Stir just until the batter is moistened. Spoon batter into buttered muffin cups, filling each almost to the rim. Sprinkle with 1-2 teaspoons brown sugar or cinnamon to taste.

Bake in a 425°F oven until lightly browned (about 16 minutes for large muffins, 13 minutes for small). Remove the muffins from the pan at a once. Serve hot, or set on a rack. Enjoy.