



## Heidi Peterson, ND

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### HEIDI'S FABULOUS MUFFINS (DAIRY-FREE)

Grind and add to the mix:

1 cup flax seeds (grind them after you measure. Also make sure they are well ground as this gives the muffins better texture.)

1/2 cup ground walnuts or hazel nuts or almonds

3/4 cup protein powder (I use Metagenics BioPure Whey Protein powder but you can use any one)

2/3 cup brown sugar – more or less depending on how sweet you like it; none, if you want a sugar free treat; or use date sugar, molasses, honey or maple syrup

2 tsp baking powder

1 tsp baking soda

1tsp ground cinnamon

1/2 tsp salt

zest of one orange

Mix the dry ingredients together, then add:

2 TBSP butter

4 eggs (or duck eggs) or egg replacer (Bob's Red Mill is the best if you tolerate gluten, otherwise use Energy brand)

2 tsp vanilla

2/3 cup currants

2/3 cup grated zucchini

Mix well.

Bake at 350 degrees for 25 minutes

#### VARIATIONS:

**PUMPKIN MUFFINS:** use 1 can of pumpkin instead of zucchini. I sometimes use canned pumpkin pie but since it has more spices and sweetener, I omit the brown sugar)

**BANANA MUFFINS:** 3 bananas instead of zucchini

**CARROT MUFFINS:** use grated carrot instead of zucchini. Serve with cream cheese.