

Heidi's Fabulous Muffins

Grind and add to the mix:

- 1 cup flax seeds (grind them after you measure. Also make sure they are well ground- the muffins have a better texture.)
- 1/2 cup ground walnuts or hazelnuts or almonds
- 3/4 cup protein powder (Heidi uses BioPure Whey Protein powder – Metagenics, 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
- 1 tsp ground cinnamon
- 1/2 tsp salt
- Zest of one orange

Mix the dries together, then add

- 2 TBSP butter
- 2/3 cup (mounded) cottage cheese (or ricotta – Heidi always uses cottage cheese) or water buffalo yogurt if dairy sensitive (order at New Season's or tofu)
- 2 eggs (or duck eggs)
- 2 tsp vanilla
- 2/3 cup currants
- 2/3 cup grated zucchini

Mix well.

Bake at 350 degrees for 25 minutes.

Variations:

Pumpkin- use 1 can of pumpkin instead of zucchini. I sometimes use canned pumpkin pie- it has more spices and sweetener and then I omit the brown sugar)

Banana- 3 bananas instead of zucchini

Carrot- use grated carrot instead of zucchini. Serve with cream cheese.