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▶▶▶ January 2013 ◀◀◀

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Apricot-Wheat Germ Muffins

Prep Time: 10 mins

Cook Time: 25 mins

Rest Time: 5 mins

Total Time: 40 mins

Ingredients

- 3/4 cup(s) apricot(s), dried, chopped
- 1/2 cup(s) orange juice, divided
- 1 cup(s) flour, whole-wheat
- 3/4 cup(s) flour, all-purpose
- 3/4 cup(s) wheat germ, toasted, plus 1 tablespoon, divided
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large egg(s)
- 1/2 cup(s) sugar, brown, light, packed
- 1 cup(s) buttermilk
- 1/4 cup(s) oil, canola
- 2 tablespoon orange peel (zest), grated
- 1 teaspoon vanilla extract

Preparation

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Combine apricots and 1/4 cup orange juice in a small bowl. Cover with vented plastic wrap and microwave on High for 1 minute. (Alternatively, bring to a simmer in a small saucepan. Remove from the heat.) Set aside to plump.
3. Whisk whole-wheat flour, all-purpose flour, 3/4 cup wheat germ, baking powder, baking soda and salt in a large bowl.
4. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in buttermilk, oil, orange zest, vanilla and remaining 1/4 cup orange juice. Add to the dry ingredients and mix with a rubber spatula just until moistened. Add the plumped apricots and juice and mix just until blended.
5. Scoop the batter into the prepared muffin cups. Sprinkle with remaining 1 tablespoon wheat germ.
6. Bake the muffins until lightly browned and the tops spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.