

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Jam-Filled Almond Muffins

Prep Time: 10 mins Cook Time: 25 mins Total Time: 35 mins

Ingredients

- > 1 1/4 cup(s) flour, whole-wheat
- ➤ 1 cup(s) flour, all-purpose
- 1 1/2 teaspoon baking powder
- 1 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) orange juice
- > 1/4 cup(s) oil, canola
- 1 teaspoon vanilla extract
- > 1/3 cup(s) jam, raspberry, or blackberry, blueberry, or cherry jam
- > 1/4 teaspoon almond extract
- > 1/2 cup(s) nuts, almonds, sliced
- 1 tablespoon sugar, granulated

Preparation

- 1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
- 2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl.
- 3. Whisk eggs and brown sugar in a medium bowl until smooth. Add buttermilk, orange juice, oil and vanilla; whisk to blend. Add to the dry ingredients and mix with a rubber spatula just until moistened.
- 4. Scoop half the batter into the prepared pan. Mix jam and almond extract; drop a generous teaspoonful into the center of each muffin. Spoon on the remaining batter, filling each muffin cup completely. Sprinkle with almonds, then sugar.
- 5. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.