Ingrid-Cacao Spice Muffins

Serves 10 | Vegan
prep 25 minutes | cook 10–14 minutes

Unsweetened cacao nibs lend healthy flavanols and a nice crunch to these autumn-spice muffins; use chopped nuts if you prefer. Sorghum syrup can replace molasses in any recipe; if you can’t find it, use 1/2 cup maple syrup mixed with 2 tablespoons molasses.

- 3/4 cup all-purpose flour
- 1/4 cup whole-wheat pastry flour
- 1 1/2 teaspoons baking powder
- 2 1/2 teaspoons ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 1/2 cup plus 1 tablespoon vanilla almond milk or other nondairy milk
- 1/4 cup pure maple syrup
- 1/4 cup sorghum syrup
- 2 1/2 tablespoons melted coconut oil (or other vegetable oil)
- 2 teaspoons vanilla extract
- 4-5 teaspoons cacao nibs (plain or sweetened)

1. Position rack in oven middle; preheat to 350°. Line a cupcake pan with paper liners (or oil and dust thoroughly with flour).
2. Sift flours, baking powder, ginger, cinnamon, and salt into a medium bowl. Whisk lightly to aerate.
3. In a second medium bowl, whisk together almond milk, both syrups, oil, and vanilla. Pour into dry ingredients and whisk until smooth. Fill cups half to three-fourths full. Scatter cacao nibs over top. Bake 10–14 minutes until golden brown.
4. Place pan on a wire rack and cool about 5 minutes; then turn out muffins and cool completely on rack. Muffins can be frozen in an airtight container for up to 2 months.

PER SERVING: 133 cal, 4g fat (0g mono, 0g poly, 4g sat), 0mg chol, 2g protein, 22g carb, 1g fiber, 69mg sodium
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Glazed Lemon Tea Cakes
Makes about 24 | Vegan
prep 25 minutes | cook 15–20 minutes

For best results, oil pans well (or use cooking spray), and use fresh lemon juice, not bottled. Keep these tiny, tender cakes frozen in a tightly closed container for up to one month. They defrost in minutes.

Finely grated zest of 3 organic lemons
1 teaspoon plus 3 tablespoons fresh lemon juice, divided
¼ cup vanilla almond milk or soy milk
½ cup whole-wheat pastry flour
½ cup unbleached all-purpose flour
2 tablespoons natural cane sugar
¼ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon fine sea salt
6 tablespoons pure dark maple syrup
3 tablespoons canola oil or other mild oil
½ teaspoon vanilla extract
½ teaspoon lemon extract or oil
½ teaspoon apple cider vinegar

GLAZE
¼ cup pure dark maple syrup
4 teaspoons fresh lemon juice
1 teaspoon finely grated lemon zest (optional)

1. Position rack in oven middle; preheat to 350°. Oil two 12-cup mini-cupcake pans very well. Do not use paper liners. (If any batter is left over, bake in oiled ramekins.)
2. Combine lemon zest, 1 teaspoon lemon juice, and milk in a medium bowl. Set aside for 5–10 minutes.
3. Sift flours, sugar, baking powder, baking soda, and salt into a medium bowl. Whisk lightly to aerate.
4. To milk-lemon mixture, add remaining 3 tablespoons lemon juice, maple syrup, oil, vanilla, lemon extract or oil, and vinegar; whisk until thoroughly combined. Pour into dry mixture. Whisk until smooth. Stir in 2 tablespoons of oil. Dust with powdered sugar for a pretty presentation.
5. Fill each muffin cup two-thirds full. Bake 15–20 minutes, or until sides are golden brown, sides have pulled away from pan, and tester inserted in center comes out clean. Set on a cooling rack.
6. Mix syrup, lemon juice, and zest (if using) in small bowl. Spoon a teaspoon or two over each cooled cake.

PER SERVING (25): 109 cal, 4g fat (2g mono, 1g poly, 0g sat), 0mg chol, 6g protein, 19g carb, 1g fiber, 128mg sodium

Carrot Walnut Chocolate-Chip Cake
Serves 8–10 | Staff Favorites, Vegan
prep 32 minutes | cook 25–35 minutes

No one will guess this light and spiced-just-right carrot cake is made with healthy whole-wheat pastry flour, sweetened with maple syrup, and contains a mere 2 tablespoons of oil. Dust with powdered sugar for a pretty presentation.

1 cup whole-wheat pastry flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
¼ teaspoon fine sea salt
9 tablespoons pure maple syrup
5 tablespoons vanilla almond milk or soy milk
½ teaspoon apple cider vinegar
½ teaspoon vanilla extract
1 cup peeled, finely shredded carrots, packed
½ cup walnuts, coarsely chopped
½ cup vegan chocolate chips
Finely grated zest of 1 medium orange (optional)

1. Position rack in oven middle; preheat to 350°. Oil bottom and sides of a 9-inch round cake pan. Line bottom with a parchment paper circle. Do not oil paper.
2. Sift flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt into a medium bowl. Whisk lightly to aerate.
3. In a second medium bowl, whisk maple syrup, milk, oil, vinegar, and vanilla until thoroughly blended. Pour into dry ingredients and whisk until smooth. Stir in grated carrots, walnuts, chocolate chips, and orange zest, if using.
4. Pour batter into prepared pan and smooth top. Bake 25–35 minutes or until top is golden brown, sides have pulled away from pan, and tester inserted in center comes out clean. Cool on a rack for 5 minutes. Run a thin knife around edge, and invert cake onto rack. Carefully peel off parchment paper. Invert again, and allow cake to cool completely before slicing and serving.

PER SERVING: 188 cal, 9g fat (4g mono, 3g poly, 2g sat), 0mg chol, 3g protein, 27g carb, 2g fiber, 292mg sodium

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