




Seven Species Muffins

These scrumptious muffins include the Seven Species of the Torah - Wheat, Barley, Fig, Date, Pomegranate, Olive, Grape. Kosher, Pareve

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PREP TIME	COOK TIME	TOTAL TIME
10 mins	25 mins	35 mins
		
COURSE		KOSHER KEY
Snack		Parve

 Adjust Total Servings 12 servings

INGREDIENTS

- 3/4 cup golden raisins
- 1/2 cup dried figs
- 1/2 cup dates
- 1 1/4 cups unsweetened almond milk
- 1/4 cup applesauce
- 1 tsp cinnamon
- 1/2 tsp allspice
- 2 large eggs
- 1/3 cup light olive oil
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 1/2 tsp vanilla extract
- 1 1/2 cups all purpose flour (3/4 cup all purpose + 3/4 cup whole wheat flour will work too)
- 1/2 cup barley flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup pomegranate seeds
- 1/2 cup chopped walnuts
- Nonstick cooking spray or paper muffin tin liners

Topping Ingredients (optional)

- 2 tbsp turbinado sugar
- 1/4 tsp cinnamon

NOTES

You will also need: Blender or food processor, large mixing bowl, medium mixing bowl, standard muffin tin, ice cream scoop or small ladel, cooling rack

INSTRUCTIONS

1. If your raisins are particularly dry, cover them with water and bring to a boil. As soon as the water boils, turn off the heat and let the raisins sit in the water to plump for 10 minutes. Drain and pat dry with a paper towel.
2. Preheat oven to 400 degrees F. If your figs have tough stems on them, remove them and discard.
3. Roughly chop dates and figs. Set aside.
4. Use a blender or food processor to blend together the following ingredients until very smooth: dates, figs, almond milk, applesauce, cinnamon and allspice.
5. It may take a couple of minutes to blend all ingredients to a smooth consistency, depending on the power of your blender. The end result should be similar to the texture of apple butter or smooth fruit preserves. Set mixture aside.
6. In a medium mixing bowl, whisk together eggs, light olive oil, sugar, brown sugar, and vanilla extract.
7. In a large mixing bowl, sift together flour, barley flour, baking powder, baking soda, and salt.
8. Gently mix the pomegranate seeds into the dry mixture, making sure the seeds are well coated with flour.
9. Make a well in the middle of the dry ingredients. Pour the fruit mixture from the blender into the well.
10. Add the egg mixture to the well.
11. Fold the dry ingredients into the wet ingredients until the dry ingredients are just moistened and a lumpy batter forms. Do not overmix - if you do your muffins will turn out heavy and dense.
12. Fold raisins and chopped walnuts into the muffin batter with a light-handed stir.
13. Prep your muffin pan by spraying a small amount of nonstick cooking spray into the bottom of each muffin tin (not the sides), or use paper muffin cup liners. Divide batter equally into muffin cups, filling each cup to the top and mounding the surface slightly. I've found that it's easiest to do this using an ice cream scoop.
14. If you'd like to top the muffins, mix the sugar and cinnamon together in a small bowl using a fork. Sprinkle about a 1/2 tsp of cinnamon sugar mixture evenly across the surface of each muffin.

15. Place muffins in the oven and immediately turn heat down to 375 degrees F. That extra heat blast at the beginning of the baking cycle will help to activate the baking powder and baking soda. Bake for 25-27 minutes until the tops of the muffins are golden brown and a toothpick inserted in the center comes out clean. Let muffins cool for 10 minutes before removing from the tin and cooling on a rack. Do not let the muffins cool completely in the tin, they are quite moist and may stick to the tin if you leave them there too long. Serve warm.

NUTRITION

Nutrition Facts	
Seven Species Muffins	
Amount Per Serving	
Calories 327	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Saturated Fat 1g	6%
Cholesterol 31mg	10%
Sodium 153mg	7%
Potassium 343mg	10%
Carbohydrates 55g	18%
Fiber 3g	13%
Sugar 33g	37%
Protein 5g	10%
Vitamin A 45IU	1%
Vitamin C 1.4mg	2%
Calcium 109mg	11%
Iron 1.7mg	9%
* Percent Daily Values are based on a 2000 calorie diet.	

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4.9 from 15 votes

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more [here](#). Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.

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