

Dr. Lindsey Berkson's Seed Muffins

- 1 T arrowroot, 1/4 cup water, whisked intermittently, let sit for 10 minutes
- 3/4 c dark chia seeds
- 2/3 c freshly ground brown flax seeds
- 1/2 c hemp seeds
- 1 T each baking soda, baking powder, cinnamon
- a dash of kosher salt
- 1/4 c maple syrup
- 1 1/2 c milk, yogurt (or your favourite milk alternative)
- 12 prunes, pitted, halved
- 12 pecans, halved (or walnuts)

In a food processor, pulse 10 times to combine flax, chia, hemp, baking soda, baking powder, salt and cinnamon. Or, simply use a large bowl to mix the dry ingredients well.

Place dry chia mixture in a large bowl and add arrowroot water mixture, syrup and milk, and stir well to combine. Let the batter sit for 5 minutes or longer to thicken. If you use yogurt, you don't have to wait for batter to thicken.

Preheat oven to 425F.

Using a tablespoon, scoop 1/2 the batter into 12 small silicone muffin cups. Place 2 prune halves and 2 pecan halves into each muffin, then top with the remaining batter. Place muffin cups on a baking pan. Bake for 30 minutes, then leave in hot oven for 12 minutes. You can set your oven cook time to 30 minutes and timer to 42 minutes. Remove from oven and cool in cups for 10 minutes. Refrigerate, covered, for up to a week or freeze. I prefer eating them cold. Serves 12 depending upon your ability to resist an encore.

Jittery Cook