

Food Babe's Orange Poppy Seed Cranberry Hemp Muffins



Prep Time:	Cook Time:	Total Time:	Serves:
20 mins	20 mins	40 mins	6

<https://foodbabe.com/orange-poppy-seed-cranberry-hemp-muffins>

Ingredients:

- ¼ cup shelled hemp seeds
- 1 ¼ cups filtered water
- 1 large orange, peeled, seeded, and diced
- ½ teaspoon orange zest
- ⅛ cup coconut oil
- 1 teaspoon vanilla extract
- ¼ cup coconut sugar
- 1 egg
- 2 tablespoons poppy seeds
- ¾ cup flour
- 2 teaspoons baking powder (Aluminum free)
- 1 teaspoon cinnamon
- ¼ teaspoon sea salt
- ¼ cup dried apple juice sweetened cranberries

Instructions:

1. Preheat oven to 350° F.
2. In a large mixing bowl, combine flour, cinnamon, zest, baking powder, and salt and set aside.
3. Make hemp milk by combining hemp seeds and water into a blender.
4. Strain milk using a strainer or nut milk bag – and put aside.
5. Blend orange, oil, egg or flax seed, sugar and vanilla in a blender.
6. Add $\frac{1}{3}$ cup hemp milk and continue blending a few more seconds to combine.
7. Combine dry ingredients and wet ingredients slowly.
8. Stir in cranberries and poppy seeds.
9. Pour batter into a lined or well greased muffin tin.
10. Bake for approximately 20 minutes or until a toothpick comes out clean.
11. Let cool for 5 mins and enjoy!

Notes:

- Gluten Free: use oat flour