



Midwife's High Iron Muffins

Ingredients:

- 1 ½ cups whole wheat flour
- 1 cup hemp (hulled seed or ground)
- 2 ½ tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 cup whole bran cereal or ½ cup toasted wheat bran
- 1 beaten egg
- 1 cup orange juice
- ½ cup blackstrap molasses
- ¼ cup flax seed oil
- 1 tsp finely shredded orange or lemon peel
- 1 cup each: chopped walnuts, raisins, chopped mango or pineapple

Method:

Stir together the first seven ingredients in a bowl then make a well in the center. In a separate bowl mix egg, orange juice, molasses, oil and citrus peel. Add wet ingredients at once to dry ingredients, stirring only until mixed. Fold in nuts, raisins and fruit. Bake in lightly greased muffin cups at 400 degrees for 15-20 minutes or until golden. Remove from cups and cool. Freeze some for later. Makes 14-16. Enjoy a tasty way to help meet your daily iron need!