

# SWEET TASTE OF TORAH

This snack relates to this week's parsha. Please take these as suggestions and make necessary changes based on your individual dietary needs.

## 7 Species Muffins

Deuteronomy 8:8



### Ingredients:

- $\frac{3}{4}$  c. golden raisins
- $\frac{1}{2}$  c. dried figs
- $\frac{1}{2}$  c. dates
- $1\frac{1}{4}$  c. unsweetened almond milk
- $\frac{1}{4}$  c. applesauce
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. allspice
- 2 eggs
- $\frac{1}{3}$  c. light olive oil
- $\frac{1}{2}$  c. sugar
- $\frac{1}{2}$  c. brown sugar
- $1\frac{1}{2}$  tsp. vanilla extract
- $1\frac{1}{2}$  c. all-purpose flour ( $\frac{3}{4}$  c. all-purpose +  $\frac{3}{4}$  c. whole wheat flour will work too)
- $\frac{1}{2}$  c. barley flour
- 2 tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{4}$  tsp. salt
- $\frac{3}{4}$  c. pomegranate seeds
- $\frac{1}{2}$  c. chopped walnuts