

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