

# Grandmommy's Berry Nutty Muffins

From the kitchen of Caroline Hembel Beard

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OVEN TEMPERATURE: Preheat to 375<sup>N</sup>

makes 24 standard muffins

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## INGREDIENTS & INSTRUCTIONS

Combine the following ingredients:

1 cup each —

plain white flour

whole wheat flour\*

uncooked oatmeal\*

brown sugar (NOT packed)

½ cup each —

broken pecans (or ¼ cup slivered  
almonds)

granulated sugar

2 TBSP baking powder

2 tsp salt

*Remove a small amount of this mixture*

*& set it aside for dusting berries*

*so that they don't sink so readily.*

In the blender, process the following ingredients:

1 - 1½ @ ripe bananas

2-3 whole eggs

1½ cup buttermilk

½ cup pecans

*Add this mixture to the dry ingredients*

*& stir until just evenly moist.*

Melt ½ stick margarine; add ¼ cup olive oil

*Stir in this mixture.*

Stir in 1 tsp vanilla

Dust ½ - 1 cup intense fruit (blackberries, blueberries,  
dewberries, huckleberries, raisins, bits of dates or  
figs, etc) with dry ingredients; fold into muffin  
mixture.

If using paper liners, place them in muffin tins. With  
or without liners, spoon mixture evenly into muffin  
cups.

Bake for 8 minutes, rotate tin(s) &/or switch shelves (if  
baking 2 pans at a time); bake 8 minutes more - or  
until golden brown.

Remove tins from oven & set aside, allowing muffins  
to cool just enough to be handled. Turn each muffin  
upside down in the tin to continue cooling (this will  
help muffins release from paper cups).

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\* Variations: wheat bran, buckwheat flour, slightly crushed Cheerios, bran flakes, GrapeNuts, etc.