

Almond Cranberry Plops

For muffin lovers who are trying to avoid wheat flour or trying to go vegetarian or vegan, these are a bit different from muffins, but they satisfy the urge for me.

1 Cup Organic Superfine Almond Flour
½ tsp. Baking Powder (Aluminum Free)
½ tsp. Himalayan Sea Salt (Iodized if possible)
1 tsp. Organic Vinegar (Apple Cider or Rice)
1 Tbsp. Sweetener of Choice (i.e. Honey, Maple Syrup, Agave Nectar, etc.)
¼ Cup Organic Chia Seeds (or 2 eggs if preferred)
¾ Cup Filtered Water (omit this if using eggs)
½ Cup of Organic Sweetened Dried Cranberries (or other dried fruit of choice if desired
(i.e. dried blueberries, dried mulberries, diced dates or apricots)

In a separate bowl, mix the almond flour, baking powder and salt. Mix together well.

In another small bowl, mix the vinegar, sweetener and water or eggs if using. The chia and water replace eggs for those who wish to avoid using eggs. Stir this mixture for a few minutes until the chia has absorbed enough of the water to be like the consistency of beaten eggs. If using eggs, beat them along with the vinegar and sweetener. Add this mixture to the dry ingredients and blend until consistent throughout.

Then blend in the fruit until distributed throughout the batter/dough

I then use a 6 cup muffin tin with parchment paper liners and fill each cup evenly.

These can then be baked at 350° F. for about 40 minutes, or if preferred, using a large microwave safe glass bowl, place a microwave safe juice glass in the center, then lift the plops in their muffin papers and arrange them around the glass forming a ring. Then, microwave for 9 minutes on power level 7. Microwave ovens vary, so adjust the time if needed.