

Peachy Keen Muffins – RenataCollective.com

These Peachy Keen muffins are both delicious and pretty – a happy, sunny muffin, gluten and dairy free as well, for your breakfast table, or a filling snack during the day. Muffins are one of the first things I learned how to bake and I still think muffins are great! They are a defined little cake, they bake in a short amount of time so good to have recipes for muffins on hand for last minute afternoon guests dropping by, they pack into lunches or a road trip or a hike easily, they can be sweet or savory, they are satisfying, they freeze well and best of all, you can include so much healthy nutrition in muffins.

Oat Milk is a great alternative plant-based milk when wanting to reduce your dairy intake. It is vegan, and being made from oats, is nut free and it is high in beta glucan, a soluble fiber. When ingested, beta glucan creates a gel-like substance within the gut that binds to cholesterol to reduce its absorption and this in turn supports the lowering of blood cholesterol levels, especially levels of LDL (bad) cholesterol, which has been linked to heart disease.

Oats and Oat Flour (ground up whole oats) - a nutrient dense, gluten free whole grain, high in fiber and higher amounts of protein than other grains. Oats are a rich source of manganese and phosphorous and thiamin (VitB1).

Hemp Hearts are rich in essential fatty acids, are a high-quality protein source, contain VitB, phosphorus, potassium, magnesium, calcium, iron and zinc.

Cinnamon, Ginger - each a powerful antioxidant and anti-inflammatory. Ginger is beneficial for brain health.

Prep Time: 10 minutes / Cook Time: 25 minutes / Makes 12 Muffins

Ingredients

- 1 Cup Oat Milk - Alternate: another non-dairy milk of your choice
- 2/3 Cup Large Flake Oats
- 1/3 Cup Maple Syrup
- ¼ Cup Brown Sugar or Coconut Sugar
- 1 Egg
- ¼ Cup Olive Oil or another neutral tasting oil avocado, grape seed or sunflower
- 1 teaspoon Vanilla
- 1 Cup Gluten Free Flour: I use [Bob's Red Mill 1-to-1](#)
- 1 Cup Oat Flour - simply grind oats in a food processor or blender until a flour consistency
- 2 Tablespoons Hemp Hearts
- 1 teaspoon Baking Powder
- ¾ teaspoon Baking Soda
- 1½ teaspoon Ground Cinnamon + extra for sprinkling on top of the muffins
- 1 teaspoon Ground Ginger
- 1/3 Cup Craisins or Diced Dried Apricots (I use scissors to cut dried apricots)
- 1 Jar or Can (28 oz) Sliced or Halved Peaches – alternate: fresh peaches, sliced, skin on or off, your choice. You'll need ½ cup diced peaches for the muffin batter and slices to place on top.
- ½ Cup Shredded Coconut – to sprinkle on top of the muffins

How It's Made

- Preheat your oven to 350°F and line the muffin pan cups with paper or silicone liners.
- In a large mixing bowl, add the oat milk, large flake oats, maple syrup, brown sugar, egg, olive oil and vanilla. Whisk to combine and set aside while you get the dry ingredients ready.
- In a medium mixing bowl, mix together the gluten free flour, oat flour, hemp hearts, baking powder, baking soda, ground cinnamon and ground ginger.
- Add the dry ingredients into the wet ingredients and give it a gentle stir. Let the batter sit for 5 minutes to let the oat flour absorb some of the liquid.
- Cut some of the peaches into small pieces. You'll need ½ cup to put in the muffin batter. Cut up the apricots if you are using apricots instead of raisins.
- Gently stir in the raisins (or apricots) and the diced peaches.
- Spoon the batter into the lined muffin cups.
- Top each muffin with a large peach slice or 2 smaller ones, leaning one on top of the other. You could also dice the peaches and spoon some on top of each muffin.
- Sprinkle a few raisins on top of the muffin beside the peach slices.
- Garnish with shredded coconut and a dash of cinnamon on each muffin.
- Bake for 25 minutes. Check for doneness by sticking a sharp knife into one of the muffins. A few crumbs on the knife are ok, but goopy batter is not, so bake for another 2 minutes and check again until the muffins are done.
- These muffins are best stored in an airtight container on the counter for 2 days and then moved to the fridge. Or you can store the muffins in the fridge after baking and cooling. Reheat in a toaster oven or the microwave.

Enjoy!

Variations:

- The raisins, or apricots, and peaches help to sweeten these muffins. If you wish more sweetness, add an additional 2 tablespoons of brown or coconut sugar to the batter.
- Add ½ cup chopped sliced almonds to the batter instead of apricots or raisins. Add an additional ¼ cup brown sugar to the batter. Still top each muffin with the peach slices and also top each muffin with additional chopped sliced almonds.
- Use regular wheat flour if there are no sensitivities to gluten.
- Use dairy milk if there are no sensitivities to dairy.

Renata Richardson is a certified culinary nutrition instructor, honours graduate from the Academy of Culinary Nutrition and proud winner of the Holistic Wellness category of the Community Votes Thornhill 2023 Platinum Award. The Toronto-based chef is also a monthly food columnist with the Torstar Metroland Media Group, workshop presenter, guest speaker, recipe developer and tester, cookbook contributor and published recipe author. Visit renatacollective.com and on Instagram [@renatacollective](https://www.instagram.com/renatacollective), for more recipe inspiration and to sign up for newsletter updates or email renata@renatacollective.com with any questions you might have.