

Trim Healthy
W I S D O M

Optimized Auntie Pearl's Muffins (E or XO)

(P – In our niece Rashida's cookbook, Trim Healthy Future – I gave the original recipe for Auntie Pearl's Muffins. They were low in protein, though, so you HAD to have a drink that included some protein with them. Now, if using sprouted oats, this new optimized version gives you 12 grams of protein per muffin! You still get 11 if using regular oats and that is not bad. So just think... if you eat two muffins, you're pretty much at your nerd protein goals... at 24 grams. Although just to be extra nerdy, I'll throw a wee bit of TH Optimized Collagen into some coffee to have on the side.

This version is a bit more on the Crunchy Mama side... denser and a bit more earthy with the TH Optimized Plant Protein added, but to be honest... I love them even more than the original. I have fallen in love with the rustic aspect of them. I grind the flax seeds in a coffee grinder quite coarsely for this, rather than using pre-ground flax meal. I love the extra crunch it gives. But the home grinding of flax is optional... you don't have to. I also love the psyllium husks in them, they keep my digestion running super well.

A big thanks to Bev, head of our customer service department, for tweaking these from the original. She sent me her optimized version, I played with them a little, and together, we feel we've come up with something super special.)

Makes 12 Muffins

INGREDIENTS:

- 2 cups old-fashioned rolled oats (ground in a blender; or sprouted oats)
- ½ cup whole old-fashioned oats
- ½ cup [TH Gentle Sweet](#) (rounded)
- ½ cup [TH Optimized Plant Protein](#) (or [TH Optimized Vanilla Whey Protein Powder](#))
- 2 Tbs ground flaxseed
- 2 Tbs chia seeds
- 3 Tbs [TH Whole Husk Psyllium Flakes](#)
- 1½ Tbs cinnamon
- ¼ tsp [TH Mineral Salt](#)



- 1½ tsp baking powder
- ½ tsp baking soda
- ½ cup liquid egg whites
- 1 cup unsweetened apple sauce
- ¾ cup kefir (or unsweetened almond milk)
- 1 apple (diced)
- ⅓ cup raisins

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Combine wet ingredients in a large bowl and whisk together. Add dry ingredients and mix well.
3. Spray a 12-hole muffin pan with olive oil. Scoop the muffin mix into the holes and bake for 30-35 minutes.

*NOTE: If you love adding nuts, as the original recipe calls for, leave out the flax and chia seeds and use just ¼ cup of chopped nuts to keep in a solid E mode. Or use them all for a lovely crossover.