



**Kid Kritics Approved Product:  
Once Again Smooth Almond Butter with Omega-3**



**Almond Butter Fruit Muffins**  
by Healthy Recipe Mom, Lisa

**PREHEAT:** Oven to 375 degrees F

**PANS/EQUIPMENT:** Large mixing bowl, small mixing bowl, large muffin tin (for minis - use less fruit spread per muffin!)

**PREP TIME:** 10 minutes

**COOK TIME:** 20 minutes

**NUMBER OF SERVINGS:** 14-16 muffins

**Cooking spray or oil**

Coat muffin tins with oil

**2 cups whole wheat pastry flour**

**1 1/2 teaspoons baking powder**

Whisk together in small bowl

**1/2 cup Once Again Smooth Almond Butter with Omega-3**

**2 eggs**

**4 Tablespoons honey**

**1 cup milk**

Mix together in a large bowl. Add flour mixture and stir until just combined.

**1/2 cup fresh or frozen fruit**

Fold in fruit. Fill tins 3/4 full with batter

**1/4 cup natural fruit spread (no added sugar or sweeteners)**

**Nutmeg**

Drop one teaspoon of jam on top of each muffin and swirl through batter with a toothpick. Sprinkle top of muffins with nutmeg. Bake 20 minutes or until tops are golden brown.

**OPTIONS:** Replace 1 cup of spelt flour for 1 cup of whole wheat pastry flour. Kid Kritics loved mashed bananas as the fruit and cinnamon sprinkled on top of the muffins!

**FAMILY COMMENTS:** "They are very good" (mother of 2 year old and 4 year old)

**RECIPE SOURCE:** Once Again Nut Butter website

**6+ FOOD COLORS:** Golden, tan, white, brown, yellow, + colors of fruit(s) used

**8 FOOD GROUPS:** Grains, dairy, nuts, eggs, fruits, sweet, spices, essential fatty acids