

**Healthy Barley Muffin -Adapted by OSU FIC from “101 Cookbooks” blog:**  
<http://www.101Cookbooks.Com/arChives/nikkis-healthy-Cookies-reCipe.html>

½ C flax seed meal mixed with 1 C water to form paste  
¾ C date paste  
¾ C mashed ripened banana  
1 tsp vanilla  
¼ C vegetable or canola oil  
¼ C sunflower seed butter or other nut butter  
¼ C honey  
2 C rolled barley  
2/3 C barley flour  
½ tsp cinnamon  
½ tsp salt  
1 tsp baking powder  
3 oz each dried fruit and chopped nuts

- Preheat oven to 350 degrees F and prepare a standard or mini muffin tin either with paper liners or by coating with non-stick spray.
- Stir to combine flax seed paste, date paste, banana, vanilla, oil, nut butter, and honey in a small bowl
- In a separate medium or large bowl, combine the remaining ingredients.
- Thoroughly mix the wet ingredients with the dry, until everything is evenly coated and distributed.
- In a blender or food processor, blitz ½ of the batter for approximately 20 seconds, or until the mixture is smooth. Recombine this with the remaining ½ of unblended batter.
- Scoop the batter into your prepared muffin tins. Batter should fill the tin about ¾ of the way.
- Bake for 15-20 minutes, until the tops of the muffins bounce back when pressed, or a skewer comes out clean when inserted in the middle of the muffin.
- Makes approximately 36 mini muffins or 1 dozen standard.