

LEMON CHICKPEA MUFFINS



INGREDIENTS

Muffin Ingredients

| | |
|-----------|-----------------------------|
| 1 3/4 cup | Chickpeas (canned) |
| 4 Tbs | Lemon zest |
| 1 Tbs | Lemon juice |
| 2 Tbs | Orange juice (chilled) |
| 1/4 cup | Olive oil |
| 1/3 cup | Sugar |
| 2 ea | Egg yolks |
| 2/3 cup | Whole wheat flour |
| 2 tsp | Double acting baking powder |
| 1/2 tsp | Cardamom (ground) |
| 1/3 cup | Almonds (ground) |
| 2 ea | Egg whites |

Topping Ingredients

| | |
|-----------|-------------------|
| 1/4 tsp | Cardamom (ground) |
| 1 1/4 cup | Sugar |
| 1 Tbs | Almonds (ground) |

(See back)

INSTRUCTIONS

1. Preheat oven to 325°F. Line muffin tin with paper liners.
2. Purée the chickpeas in a food processor until smooth.
3. Add the lemon zest, juices, olive oil, sugar and egg yolks. Purée until smooth.
4. In a large bowl, sift together the flour, baking powder, salt and cardamom.
5. Stir in the chickpea mixture and ground almonds.
6. In a separate bowl, whisk egg whites until they hold semi soft peaks. Fold the egg whites into the batter.
7. In a small bowl, add topping ingredients and mix to combine. Set aside.
8. Scoop 1/4 cup of batter into each muffin cup and sprinkle with topping mixture.
9. Bake for 12 to 13 minutes or until a toothpick inserted in the center of a muffin comes out clean.

NUTRITION

| | |
|-----------------|--------|
| Calories: | 170 |
| Sodium: | 105 mg |
| Trans Fat: | 0 g |
| % Calories from | |
| Saturated Fat: | 5% |



Number of Servings: 16 (59 g per serving)
Recipe courtesy of Waldo County General Hospital