

Raspberry Walnut Muffins

Preheat oven to 350°

- 2 Tablespoons sugar
- 1 1/2 cup berries (raspberry, strawberry, blueberry)

Mix sugar with berries

- 1 1/2 cup Arnel's Originals All Purpose Flour (& Pie Crust Mix)
- 1/2 teaspoon Baking Soda
- 1/4 teaspoon nutmeg
- 1 teaspoon salt
- Dash of cinnamon

Mix dry ingredients together in a small bowl

- 1 ripe banana
- 2 large eggs
- 1/4 cup oil
- Zest from 1 lemon
- 1/2 cup sugar

Mix together in a large bowl and then add the dry ingredients

Gently fold in the sugared berries into the muffin batter

- 1 cup walnuts (optional) Gently stir in walnuts if desired

