

Goji Blue Berry Muffins

Ingredients

1/3 c. canola oil
1/3 c. sucanat or xylitol
2 eggs
1/2 t. orange extract
1 t. grated orange peel
1/2 c. goji berries
2 c. whole grain flour
2 t. baking powder
1 t. baking soda
1/2 t. salt
1 c. soy yogurt
1 c. blueberries
1/2 c. sliced almonds
1/2 c. flax seeds

Preparation

Combine first 3 ingredients. Add orange peel and goji berries. Add flour that has been mixed with the rest of the dry ingredients. Stir in yogurt, blueberries, flax and almonds. Spoon into muffin tins. Bake at 350 for 30-35 minutes.