



Peachy Keen Energy Muffins

Makes 12 nicely-sized muffins

For the dry ingredients:

1 1/4 cups all purpose flour
1 1/4 cups rolled whole oats
1/2 cup brown sugar packed
1/2 cup blanched, sliced almonds
1/8 teaspoon ground cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon Kosher salt

For the wet ingredients:

1 large egg
1/2 cup milk
1/3 cup plain Greek yogurt (2% or full fat)
3 Tablespoons melted unsalted butter
1 teaspoon madagascar vanilla extract
2 cups peeled and chopped fresh peaches and their juice (if too tart, add 1 Tablespoon of sugar to the peaches)

Directions:

Line a 12-cup muffin tin with paper cups and set aside. Preheat the oven to 400 degrees F and place a rack in the center of the oven.

Place flour, oats, brown sugar, sliced almonds, cinnamon, baking powder, baking soda and salt in a medium bowl and stir to combine the dry ingredients well.

In a separate large bowl, beat the egg slightly, then add the milk, yogurt, butter and vanilla and stir to combine. Add the peaches and their juice and stir to combine thoroughly. Add the dry mixture to the wet mixture and stir until just combined and all ingredients are moistened. Don't over stir or you'll lose the air in the mixture. Divide the batter evenly between the 12 muffin cups, filling them to the top of the paper cup...don't worry, this batter doesn't run.

Bake the muffins on the center rack for 16-18 minutes until they are lightly browned on top and a toothpick inserted into the center comes out clean. Remove from the oven and allow them to cool in the pan on a rack for 5 minutes, then turn them out of the pan onto the rack top side up to finish cooling.

These muffins will keep in an airtight container at room temperature for a couple of days, in the fridge for about 3 days, or in the freezer for about a month. Cool completely before freezing.