

Summer Squash Muffins

with golden raisins and nuts



My dear friend Mary who has been a long time fan, and is now a dear friend, has been asking me for my zucchini muffin recipe all summer long. In honor of her, I present you with Summer Squash Muffins with Golden Raisins.

The great thing about these muffins is that you can use any type of summer squash. Yellow crookneck, colored zucchini (round, curved, straight), as well as regular traditional green zucchini, will work wonderfully.

ingredients list:

- 1/2 C raisins
- 2 C grated summer squash
- 1/2 chopped walnuts or pecans
- 2 eggs
- 3 T olive oil*
- 1/4 C honey
- 1 3/4 C whole wheat pastry flour
- 1/4 C rolled oats
- 6 T wheat germ (or oat/wheat bran)
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 tsp. grated orange rind (or lemon)

preparation:

Preheat oven to 400 degrees.

Combine raisins, nuts, and summer squash - set aside. In a mixing bowl beat together the eggs, oil, honey, and vanilla. Add the squash and raisin mixture. In another bowl, mix the dry ingredients plus the orange rind. Stir both wet and dry ingredients together until just combined. Line a muffin tin with 12 muffin papers. Fill the papers 1/2 - 3/4 full and bake for 20 minutes, or until springy to the touch and golden brown.

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what's healing about this recipe:

The addition of golden raisins, as opposed to black raisins, give these muffins a more fruity, less wine-like flavor, and really let the spices shine. **Raisins, because they're a dried fruit, are great sources of iron and are a wonderful source of the antioxidants, resveratrol and anthocyanins, both of which are capable of about every "anti" this-and-that you think of, with anti-cancer and anti-inflammatory properties being the most notable.** Believe it or not, 2/3 C of raisins have 35% of your daily value of copper and, while you wouldn't think so, that same amount has 5% of your daily protein! **Raisins are also an excellent source of fiber**, which is essential for assisting in proper absorption of nutrients, and as we all know, keeps everything moving smoothly through the intestines.

It may seem that summer squash is made up of a lot of water and fiber and not much else, but surprisingly, **just one cup of this plant contains 37% of your daily need for vitamin C and it's also a good source of vitamin B6.** It's an excellent source of selenium, the mineral responsible for a variety of functions in the body including working with iodine to support thyroid function and in 2003, the FDA allowed the following health claim regarding selenium: "some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer..."

Sounds to me like enough reason go make these and fill your home with the delightful smell of these beautiful summer muffins.

enjoy! =)

<http://www.nutrition-and-you.com/raisins.html>

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2639/2>

<http://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>

<http://whfoods.org/genpage.php?tname=nutrient&dbid=95>

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