

Strawberry Muffins

1¾ cups all-purpose or white whole wheat flour
¾ teaspoon baking powder
¾ teaspoon baking soda
¼ teaspoon salt
1 tablespoon unsalted butter, melted
1 egg
1½ teaspoons vanilla
½ cup plain yogurt (Greek or whole-milk regular)
½ cup maple syrup (not pancake syrup)
¼ cup milk
1 cup diced strawberries
2 tablespoons chocolate chips, optional

Preheat oven to 350 F. Line a 12-count muffin tin with paper liners or spray with oil. In a large bowl, whisk together flour, baking powder, baking soda, and salt. In a smaller bowl, whisk together butter, egg, vanilla, yogurt, maple syrup, and milk. Stir wet ingredients into dry ones just until combined. Fold in strawberries and chocolate chips, if using. Divide between muffin cups, and bake 22-25 minutes, until a tester comes out clean. Yield: 12 muffins.

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Honey Pumpkin Bread

⅓ cup melted coconut oil or vegetable oil
½ cup honey
2 eggs
1 cup pumpkin puree
¼ cup milk
1½ teaspoons pumpkin pie spice
1 teaspoon baking soda
1 teaspoon vanilla
½ teaspoon salt
1¾ cups all-purpose flour
Optional: ½ cup raisins or chopped nuts

Preheat oven to 325 F. Grease a 9-by-5-inch loaf pan. In the bowl of your mixer (or use a large bowl and a hand mixer), whisk together oil and honey until well blended. Add eggs, and mix well. Mix in pumpkin puree, milk, pumpkin pie spice, baking soda, vanilla, and salt. When well combined, stir flour in with a wooden spoon. Fold in any optional mix-ins. Spoon batter into loaf pan, and smooth the top. Bake 55-65 minutes, until a tester comes out clean. Store at room temperature for 2-3 days or in refrigerator for 5-7 days. Yield: 1 loaf.

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Maple Oatmeal Cookies

1¼ cups all-purpose flour, divided
1¼ cups old fashioned oats
1½ teaspoons baking powder
½ teaspoon ground cinnamon
½ teaspoon salt
¼ teaspoon baking soda
¾ cup maple syrup (not pancake syrup)
6 tablespoons butter, melted
1 egg
½ teaspoon vanilla
Optional mix-ins: raisins or chopped walnuts or pecans

In a large bowl, whisk together 1 cup flour, oats, baking powder, cinnamon, salt, and baking soda. In a smaller bowl, mix remaining ¼ cup flour, maple syrup, butter, egg, and vanilla. Stir wet ingredients into dry ones. Fold in any mix-ins. Cover dough with plastic wrap, and refrigerate at least 1 hour. Preheat oven to 350 F. Line cookie sheets with parchment paper. Scoop dough by tablespoons onto cookie sheets. Bake about 12 minutes, being careful not to overbake. Let cool on cookie sheets for a few minutes before moving to cooling racks. Yield: Approx. 2½ dozen.

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Apricot Coconut Balls

1 cup dried apricots
1 cup whole almonds or about ¾ cup sliced almonds
¾ cup unsweetened, shredded coconut, divided
1 tablespoon coconut oil
1-2 tablespoons honey
2 teaspoons vanilla
pinch of salt

In a food processor, process apricots and almonds until almonds are in small pieces. Add ½ cup shredded coconut, oil, honey, vanilla, and salt. Process until the mixture comes together. Form into 1½-inch diameter balls by rolling between the palms of your hands. Roll balls in remaining shredded coconut. Store in refrigerator. Yield: Approximately 2 dozen.

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