

Triphala and Ghee Muffins

Makes 12 muffins

Dry Ingredients:

1 1/2 cups whole all-purpose flour (or 2 cups white rice flour)
1 cup almond flour
4 tsp Triphala powder
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon (optional, for flavor)
1/2 tsp nutmeg

Wet Ingredients:

1/2 cup ghee (melted and slightly cooled)
1 cup coconut sugar or brown sugar
2 large eggs
1 tsp vanilla extract
1/2 cup plain yogurt (or dairy-free alternative)
3-4 tbsp water – if needed

1/2 cup chopped nuts (walnuts, almonds, cashews) - optional

Topping:

1/4 cup coconut or brown sugar mixed with 1 tsp cinnamon. Sprinkle on top of oven before putting in the oven

OR

1/4 cup raw honey mixed with 1 tsp cinnamon. Drizzle on top of the muffins after baking.

Preheat your oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or grease lightly with ghee.

Mix Dry Ingredients: In a large bowl, whisk together the whole wheat flour, almond flour, Triphala powder, baking powder, baking soda, salt, and cinnamon.

Combine Wet Ingredients: In a mixer bowl, cream the yogurt and sugar until smooth. Add the eggs and vanilla and mix again. Add the dry ingredients, yogurt, and nuts (if using). Mix until smooth. Be sure to scrape the bottom of the bowl to ensure everything is mixed in. Divide the batter evenly among the muffin cups. Bake for 18–22 minutes or until the muffin springs back to the touch.

Allow the muffins to cool in the pan for 5 minutes, then transfer to a wire rack. Serve or store in the refrigerator in a container with a lid. They will keep for a few days. Freeze for longer shelf life.

