



FINCH + FENNEL

Nutmeg, Date & Oat Muffins

INGREDIENTS:

- 1 c Flour
- 2 tsp Baking Powder
- ½ tsp Salt
- 1 Tbsp grated F+F Whole Nutmeg Spice
- 1 Tbsp Fresh Ginger, grated
- 1 c Oats
- ½ c Dates, chopped
- ⅓ c Melted Butter
- 2 Eggs
- ¼ c Granulated Sugar
- 2 tsp Vanilla
- 3 Tbsp F+F Small Batch Vermont Maple Syrup
- ½ c Buttermilk

MUFFIN TOPPING:

- 1 Tbsp Cinnamon
- 1 Tbsp grated F+F Whole Nutmeg Spice
- ¼ c Granulated Sugar
- ¼ c Brown Sugar

DIRECTIONS:

1. Whisk together flour, baking powder, salt, 1 Tbsp grated F+F Whole Nutmeg Spice, grated ginger, and oats in a bowl.
2. Chop up dates & set aside.
3. Melt butter & set aside to cool.
4. In a separate bowl, whisk together eggs, F+F Small Batch Vermont Maple Syrup, ¼ cup sugar & 2 tsp vanilla. When butter has cooled, mix into wet ingredients bowl.
5. Slowly combine the wet & dry ingredients. Add buttermilk & stir in chopped dates.
6. Mix batter just until combined & scoop into lined muffin tins, about ¼ cup batter per muffin cup.
7. In another bowl, make the muffin topping. Stir together cinnamon, 1 tbsp grated F+F Whole Nutmeg Spice, ¼ cup each granulated sugar & brown sugar.
8. Sprinkle topping over muffins & place in oven. Bake at 350°F for 20 minutes.



Enjoy!

