



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Kohlrabi**

### **Kohlrabi Apple Pecan Muffins**

**Ingredients:**

1 bulb kohlrabi, peeled and diced  
1 apple, cored and diced (about 1 cup)  
1 ½ cups flour  
1 cup brown sugar  
½ cup wheat flour  
½ cup apple sauce  
½ cup pecans, chopped  
3 eggs, beaten  
2 tsp baking soda  
2 tsp cinnamon  
2 tsp vanilla  
½ tsp nutmeg  
pinch of salt

**Directions:**

Preheat your oven to 350F. Grease or line a 12-muffin pan with paper liners. Blend the kohlrabi and apple sauce together in a blender until smooth.

In a large mixing bowl, whisk together all the dry ingredients. Stir in the kohlrabi mixture, apples, eggs, and pecans. Stir until just combined. The batter will be thick. Scoop the batter evenly into the muffin pan. Sprinkle with the raw sugar. Bake for 20-25 minutes. Let cool slightly before serving.