

Strawberry Muffins

Ingredients

- 8 oz strawberries, diced
 - 2 cups flour
 - 2 eggs
 - 1 ¼ cup oats
 - 1 cup cauliflower puree
 - 1 Tbs baking powder
 - 2/3 cup sugar, divided
 - ½ cup butter (room temp)
 - ½ tsp almond extract
 - ½ tsp baking soda
 - ¼ tsp salt
 - 1 Tbs Flax seed (optional)
 - Big pinch of beet powder (optional)
 - Topping: ¼ cup Oats mixed with ¼ cup turbinado sugar
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Directions

Place the diced strawberries in a small bowl. Stir in tablespoon of sugar. Set aside.

Preheat your oven to 350F. Grease a 12-count muffin pan or use paper liners. Set aside.

In a mixing bowl stir together the cauliflower puree and oats. Set aside.

In a large mixing bowl, beat the butter and sugar until light and fluffy. Beat in the baking powder, baking soda, salt, almond extract, eggs, flax seed and beet root powder, if using. Beat in the cauliflower oat mixture until just combined. Then beat in the flour until just combined. Lastly, fold in the strawberry mixture. Spoon or use a scoop to fill each of the paper liners. There should be enough batter to fill the liners to the top. Evenly sprinkle the turbinado oat mixture over each of the muffins. Place the muffin pan in the oven and bake for 30-35 minutes or until a toothpick inserted comes out clean. Remove from the oven and let the muffins rest for 10-15 minutes in the pan before removing them. Let them cool completely to set.

*If eaten immediately the muffins will have a strong cauliflower flavor and aroma. It's best to make them the evening before. They will very moist the next day and have a wonderful flavor.

Strawberry sauce

Ingredients

- 2 cups strawberries, roughly chopped
 - 1 cup Jack Daniels (brandy or red wine)
 - 1 cup brown sugar, divided
 - 1 Tbs cornstarch
 - ½ tsp vanilla
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Directions

Whisk together Jack Daniels and 1/2 cup brown sugar over medium high heat. Once the sugar has dissolved, leave it alone until the Jack Daniels has reduced to about half, cooking out the alcohol. In the meantime, whisk together the remaining sugar and cornstarch. Whisk it into the Jack Daniels mixture. Turn the heat back on to medium high and add the strawberries. Cook the sauce for 1 minute or until the sauce begins to just thicken. Remove from heat. Serve hot over ice cream, crepes, or pancakes.

Strawberry Hummus

Ingredient

- 1 lb very ripe strawberries
 - 15 oz navy beans, rinsed
 - 1 Tbs tahini
 - 1-2 Tbs honey
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Directions

Puree all ingredients together until smooth. The amount of honey will depend on how ripe your strawberries are. You may not need the honey at all if the strawberries are sweet enough. Chill the hummus for an hour before serving to allow the flavors to come together. Eat with cinnamon pita chips or use as a spread for toast.