

Citrus Hemp Heart Muffins

**Give It
A Try**

Muffins are always great for a grab and go snack or as a part of a balanced breakfast – these Citrus Hemp Heart Muffins are not only easy to make but they can be frozen for up to 2 months so you can keep some on hand for busy mornings.



Did You Know?

Citrus fruits are very nutritious, offering nutrients that can boost your heart health and brain function.



revive
revive wellness inc.

Citrus Hemp Heart Muffins

 Serves 18



Ingredients:

- 1¼ cups whole wheat flour
- ¾ cup all-purpose flour
- ⅓ cup hemp hearts
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ½ cup maple syrup
- 1 cup vanilla Greek yogurt
- 2 large eggs, beaten
- 2 tsp vanilla
- 2 tbsp grated orange zest
- 1 tsp grated lemon zest
- ½ cup olive oil
- 6 tbsp orange juice
- 2 tbsp lemon juice
- Hemp hearts, for garnish

Preparation:

1. Preheat the oven to 350°F and line muffin tins with paper liners.
2. In a large bowl, combine the flours, hemp hearts, baking powder, baking soda and salt. Whisk until combined.
3. In a medium bowl, combine the maple syrup, yogurt, eggs, vanilla, orange zest, lemon zest, olive oil, orange juice and lemon juice and whisk together until smooth. Pour the mixture into the dry ingredients and mix with a whisk and/or rubber spatula until fully combined (don't over-mix the batter).
4. Divide the batter evenly among the muffin tins, filling each muffin cup about ¾ full. Sprinkle each muffin with the extra hemp hearts. Bake until the edges are golden brown and a toothpick inserted into the center comes out clean, 18 – 20 minutes.
5. Transfer muffins to a wire rack and cool completely.

Note: These muffins can be frozen for up to 2 months.

Nutritional analysis per serving: 169 calories, 9 g fat, 5 g protein, 18 g carbohydrate (17 g available carbohydrate), 1 g fibre, 175 mg sodium

My Viva Servings: 1 grain, 1 fat

For more great recipes, visit www.myvivainc.com