

French Toast Muffins

Instructions

1. Preheat the oven to 350 degrees and prep a 12-cup muffin tin by adding liners to each cup.
2. Blend the cottage cheese in a blender or food processor and scrape it into a large bowl.
3. Add the milk, eggs, vanilla extract, maple syrup, cinnamon, nutmeg, cardamom, and orange zest to the bowl. Whisk all ingredients together by hand or with a stand mixer.
4. Cube or tear the sourdough loaf into 1" pieces. Stir the pieces into the egg mixture. Scoop the mixture out of the bowl and evenly divide it between the 12 cups of the muffin tin.
5. Top each muffin with walnuts (or your preferred seeds or nuts) and a sprinkle of cinnamon and flaky sea salt.
6. Bake in the middle of the oven until the muffins are golden brown and cooked through. About 25-30 minutes.
7. Serve warm with a drizzle of almond butter and fresh peach slices, add to a bowl of Greek yogurt as a crumble topping, or take a muffin on the go with a drizzle of peanut butter and fresh berries.

Ingredients

- ½ cup cultured cottage cheese (can substitute with coconut cream)
- 2 cups whole ultra-filtered milk (can substitute with soy milk)
- 6 large eggs
- 1 tbsp vanilla extract
- ½ cup pure maple syrup
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp cardamom
- Zest of 1 large orange
- 1 loaf of sourdough bread (cubed into 1" pieces)
- ½ cup chopped walnuts (can substitute with pepitas, pecans, hazelnuts, or almonds)

Grocery List

Dairy

- Cultured cottage cheese
- Ultra-filtered milk
- Eggs

Pantry

- Vanilla extract
- Pure maple syrup
- Cinnamon
- Nutmeg
- Cardamom
- Sourdough bread
- Walnuts (or preferred seeds or nuts)

Produce

- Orange