

Transforming the Typical Unhealthy Muffin

A typical muffin is usually a pretty, puffed up ball of tempting aroma, eaten to satisfy a craving for sugar. It is also commonly thought to be a healthier snack than other sweets. This popular snack may seem delightful in theory, but most ingredients in many types of baked goods, including the delightful muffin, are contributing factors to many common health problems.

Such a high calorie, low nutrient snack can contain refined sugar obtained from GMO (genetically modified organism) sugar beets, GMO soy oil or soy lecithin, and may contain traces of health-threatening pesticides. A deceptively delicious muffin can also contain other environmental toxins that have leached into water sources and soils in which the grain has been grown, such as drug residues, industrial waste runoff and BPA's from degrading plastics.

Increasing scientific research shows a link between the residues in these ingredients and many common health conditions, including cancer, heart disease, digestive system disorders and other inflammatory conditions, as well as endocrine disruptions leading to hormone imbalances, reproductive problems, birth defects and learning impairments. Over consumption of highly concentrated sugars which plant sources are stripped of their essential augmenting nutrients needed for sugar metabolism taxes the pancreas and leads to diabetes.

High concentration infusions of sugar in the bloodstream from sweets containing highly refined, molecularly altered ingredients also raise triglyceride levels that are rapidly converted to and stored as body fat. Oils used in many muffin recipes are transformed into trans fats, as they are molecularly distorted during the high heat baking process. When hydrogenated fats are used in a recipe such as margarine or shortening, which oils have been turned into a solid after the hydrogenation process, with every muffin or other sweet goods one might consume, a gradual accumulation of hardened plaques may be forming and obstructing blood flow in the arteries. Trans fats are some of the main causes of arteriosclerosis in heart disease.

You therefore can forget about thinking the average muffin can provide much nourishment or serve as a good way to fuel your body or brain. The body's trillions of cells are constantly waiting to receive the right nutrients with which to maintain its multiple trillions of vital biochemical processes occurring every moment that keep you alive and well. Often, ingredients in muffins and other baked goods are very nutrient deficient, missing important vitamins and minerals and fiber. Such chronic nutritional deficiencies in food choices by the uninformed population are still more contributing factors to various health problems, including metabolic dysfunctions that hinder healthful weight management.

Nutrient-void or toxic everyday food choices people make can keep many important biological processes from occurring or being executed correctly or completely, and can therefore result in various system malfunctions. By contrast, daily choices that support the body's countless critical cellular processes in every body system lead to optimal health one can rely on, and avoids the deficiencies, toxic conditions and biochemical disruptions that lead to some type of health threatening system malfunction.

The rewards of nutrient-conscious, purposeful eating are being able to enjoy life without health-threatening issues, and having the vast amounts of physical, mental and emotional energy it takes to meet life's challenges effectively with better clarity, calm, efficiency and competence. Habitual selection

of nutritionally void foods robs one of discovering one's own greater health potential and infinite life possibilities. Are all major health issues because of an innocent choice of a simple muffin? No, they are because of an accumulation of food choices made over time that result in physical symptoms and warning signs many people do not recognize as a health threat. Weight gain, inflammatory conditions, allergy symptoms, hypertension, pre-diabetic conditions are all advanced warning signs of body system malfunctions that are preventable by excluding ingredients found in many foods, especially sweets.

Therefore, if you're going to choose a dessert, why not a totally guilt-free delight that is loaded with life-promoting nutrients, is not a threat to your health and made with ingredients that have been grown and sustainably harvested in ways that are good for people and the planet. Choosing ingredients even in a simple muffin that are the result of fair trade practices with farmers who produce crops sustainably or organically and have good worker-employee relations, and supporting companies that care about your health are simple yet powerful ways to help halt the continued infusion of harmful ingredients in foods that have a negative impact on your health and the environment. Since consumer choices practically run the entire economy, why not make choices that reduce your health risk and help prevent life-disrupting, devastating illness while encouraging the non-toxic, non-polluting production processes of companies that truly care about your health as much as their bottom lines.

A recipe for a 100% healthful, guilt-free blueberry muffin should not contain any of the ingredients below. Some of the ingredients are basic to any baked good, so having their organic versions on hand is recommended. If you are lactose intolerant or gluten sensitive, substitutions are listed.

Common ingredients in baked goods to avoid include:

- **Trans fats.** This includes hydrogenated or partially hydrogenated oils and any plant oil heated at high baking or cooking temperatures. Trans fats have been shown to cause hardened plaques in arteries.
- **Refined sugar.** Beet or sugar cane plants are stripped of their essential vitamins and minerals, beneficial plant phytonutrients, essential fiber and water.
- **Non-Organic Eggs.** Eggs are obtained from brutally treated chickens confined to cramped cages and are fed pesticide ridden GMO feeds. Their eggs contain yolks that are too low in essential omega-3 fatty acids. The omega-3 fatty acids are vital to fat metabolism, which includes how the body regulates body fat. Nerve cell conduction and brain and nervous system functioning, heart health, healthy skin, good eyesight, joint fluids, controlling inflammation, regulating body temperature and hormone production all depend on the omega-3 fatty acids and other types of dietary fats.

An organically raised chicken's eggs typically contain higher proportions of omega-3 fatty acids compared to omega-6 fatty acids, while a non-organically raised chicken's eggs contain higher amounts of omega-6's. The body can synthesize omega-6 fatty acids, but cannot synthesize the omega-3's. The absence of omega-3 fatty acids can lead to problems in the various glandular and other organ systems and result in inflammatory conditions.

Since cholesterol is a precursor to the production of many of the body's thousands of regulating hormones and is no longer considered the culprit in heart disease, do not fear it. Cholesterol is regularly manufactured in the body, as it is also essential for youthful skin, strong and pliable

blood vessels and brain and nerve functions. The high quality protein, vitamins, minerals, essential fats and lecithin eggs contain far outweigh any concerns for its cholesterol content, especially if you engage in regular cardiovascular exercise and eat plenty of other heart-healthy foods. The egg is considered the standard from which to compare the highest quality protein the human body can use, and is also a good source of bio-available sulfur, an element vital for every single cell and biological process.

- **Refined, bleached flour.** Derived from whole grains, refined flours have been stripped of vitamins, minerals, essential fiber and the molecular structures of essential polyunsaturated oils altered during the refining process. This process results in a concentrated amount of gluten that is difficult to digest and move through the digestive tract.

Refined flour has been associated with the onset of diabetes, irritable bowel syndrome, nutrient absorption problems, inflammation, and overgrowths of yeast and illness-causing anaerobic bacterial invasions.

The refining process usually results in high concentrations of toxic cadmium that can damage the kidneys. Normally, trace amounts of cadmium are present in whole grains, but its potentially toxic effects are countered by other antioxidants in the unrefined grain, such as the minerals zinc and magnesium, and the vitamins B and E complexes.

- **Baking powder.** Some baking powders contain the toxic element aluminum, which accumulation in the body is associated with nervous system and brain disorders.
- **Salt or sodium chloride.** In excess, sodium chloride creates hypertension. Many sodium chloride products contain the added sweetener, dextrose, which is another contributing factor toward diabetes.
- **Milk.** Milk derived from non-organically raised cows may contain antibiotics and bovine growth hormone residues, as well as GMO DNA fragments that scientists assert may alter human DNA, as well as the DNA of other living things once GMOs are unleashed into the environment.
- **Vanilla extract.** Some vanilla extracts may contain GMO corn syrup, artificial color and propylene glycol, a liquid alcohol that is actually used as a solvent and found in antifreeze and plastics. Such non-nutrient, synthetic substances are believed to interfere with hormone, nerve and immune system functioning and the normal detoxification processes of the glandular and lymph system, kidneys and liver.

The end result of producing a muffin containing the typical above ingredients is far removed from what the body recognizes as useable nutrients and an efficient energy source. Such a typical muffin containing some or all of the above ingredients is far removed from maintaining the proper blood sugar levels required for fueling the brain and the muscles and helping to maintain some of the vital cellular processes that keep you alive. In fact, with so many toxic and potentially health-threatening ingredients in a single typical muffin, perhaps it should be declared a biohazard.

But what if you transformed that seemingly tempting snack which carbohydrates you might think can satisfy your craving for sugar but is severely lacking in any real nourishment? The typical above ingredients in a baked good can do some micro damage to the arteries that leads to the development of

inflammatory blood clots and hardened plaques, and literally clog the endocrine (glandular), lymph and digestive systems. Habitually consuming foodstuffs that impair the circulatory, hormonal, and immune and digestive systems puts you into the disease process. The disease process is slow and seemingly silent if one doesn't recognize or heed the signs or symptoms.

Instead of creating such toxic havoc and nutritional voids in your body that lead to many dreaded conditions, you can create a whole food, healthful version of a muffin that would be an important part of your daily nutritional intake for the purpose of improving and maintaining optimal health and avoiding the disease process. Such a power-packed, health-promoting snack can provide real energy sustenance as well as satisfy the appetite.

Here's a nutrient dense, delicious recipe for a real food blueberry muffin that can transform your food experience and help protect your health, and which purposeful choice ingredients have more far reaching effects on the world than you might imagine as you help support farms and companies that are part of the world's rapidly expanding true health and planetary healing movements.

Creating a meal out of a muffin that is a more flavorful nutrient-packed, high fiber and energy-packed snack that is also good for the environment should make any health-conscious person proud. But choosing this type of muffin doesn't end with a satisfied appetite and pride in providing the body with a highly nourishing food.

The production of any of this muffin's ingredients will not have exploited any farmer's efforts to maintain a livelihood while producing a food that is good for people's health and good for the Earth. Nor would any ingredient in this muffin have been the result of any farm or factory worker who didn't have safe working conditions and wasn't treated fairly.

Foods produced in an Earth regenerative manner results in superior nutrition that helps you thrive. Your choice of ingredients that support fair trade practices also helps boost economies in both local communities and communities around the world that are asserting their health freedom and economic self-sufficiency.

Your organic choices help discourage pollution and instead encourage the restoration of natural habitats that attract the living things that together form a nutrient-rich environment in which we humans can grow healthful foods and enjoy the sights, sounds, and aromatic, therapeutic scents of nature that have long soothed and healed the human spirit.

It is mind blowing, isn't it, how a seemingly simple choice in a snack can have such profound ramifications. Instead of viewing a typical ordinary muffin as a guilty high calorie, unhealthy indulgence, you can view its superfood counterpart as a guilt-free savory experience and an essential contribution toward your body's energy levels and nutrient requirements, while doing your part to support caring environmentally conscious farmers and ethical businesses.

Super Blueberry Organic Muffin Recipe

½ Cup organic butter

½ Cup organic raw cane or turbinado sugar

½ Cup organic raw agave syrup or raw organic honey or use ¼ cup of each

2 large organic eggs

- 1 Cup organic, oat flour
- 1 Cup organic, whole, wheat flour (or just use another cup of oat flour for those who are gluten sensitive)
- 2 Tsp aluminum-free double acting baking powder
- ½ Tsp sea salt or pink Himalayan mineral salt
- 2 Tsp organic cinnamon
- ½ Cup organic nonfat milk (or almond milk or rice milk for those who are lactose intolerant; soy milk is not recommended, as too much dietary soy has negative estrogenic effects)
- 1 Tbsp organic collagen powder, whey protein powder, or raw organic maca root powder
- 1 Tsp organic vanilla or almond extract
- 2 ½ Cups fresh organic blueberries

Directions:

1. Preheat oven to 375 degrees F.
2. Mix all wet ingredients in a large bowl with mixer or by hand with a large spoon until all are blended into a smooth liquid.
3. Mix all dry ingredients; stir until thoroughly mixed.
4. Add wet ingredients to the dry ingredients; stir until all are mixed, to form the batter.
5. Fold in the blueberries; mix well.
6. Pour into a 12-cup muffin pan.
7. Bake 30 minutes. Test to see if the muffins are baked through by inserting a toothpick in the center of one of them, that when inspected, has no wet batter on it.

Let cool for 30 minutes and enjoy. To your good health!

**Nutrient Breakdown
Per Muffin**

Macro Nutrients		Vitamins				Minerals	
Calories	251	Vitamin A (RAE) (mcg)	72.3	Vitamin B-12 (mcg)	7.5	Calcium (Ca) (mg)	35.9
Protein (g)	3.5	Vitamin A (I.U.)	71.3	Vitamin C (mg)	3.9	Iron (Fe) (mg)	19
Carbohydrates (g)	38	Thiamine (mg)	.13	Vitamin D2 + D3 (mcg)	.29	Magnesium (mg)	31.8
Saturated Fat (g)	5.5	Riboflavin (mg)	.13	Vitamin D (I.U.)	0	Phosphorus (mg)	139.6
Monounsaturated Fat (g)	2.4	Niacin (mg)	1	Vitamin E (alpha tocopherol)	.62	Potassium (mg)	136.3
Polyunsaturated Fat (g)	1	Vitamin B-6 (mg)	.16	Vitamin K (phylloquinone)	8.28	Sodium (mg)	193.8
		Folate (DFE) (mcg)	11.9			Zinc (mg)	.91