



Gratz Insider, January 2014 - Story Continuation

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The Gratz Gourmet

Gabrielle Kaplan-Mayer describes herself as a “Renaissance woman,” which is a particularly fitting title for this mother of two, longtime Jewish educator at Gratz, program director at Jewish Learning Venture, published author, parenting coach, cooking instructor and autism advocate. The recipe for her almond butter muffins appears in the most recent of her six published books, *The Kitchen Classroom*, which is a collection of healthy, simple-to-prepare, gluten-free and casein-free recipes. (Casein is a milk protein.) In addition to recipes ranging from baked apples and sweet potato latkes to chicken wraps and sesame salmon, the book also offers advice to parents and teachers on how to use cooking as a tool to help children, including those with developmental disabilities, practice a variety of important skills. The book is accompanied by a CD-ROM that breaks tasks down into manageable steps for children and provides a host of helpful visuals.

The recipe for the luscious, protein-packed almond butter muffins appears below. For an enticing photo of the finished product, as well as suggested steps for young chefs, click [here](#) to access the recipe as it appears in the book and CD-ROM.

Almond Butter Muffins

2 cups almond flour*
1 teaspoon baking soda
1 teaspoon salt
1 cup almond butter (or other nut butter)*
1/3 cup honey
2 eggs
¼ cup oil (any type)

1. Preheat oven to 350 degrees.
2. Mix all of the dry ingredients together in a large bowl.
3. Combine almond butter and honey in another large bowl.

4. Add eggs and oil to the almond butter and honey mixture and stir.
5. Slowly pour the dry ingredients into the wet ingredients and mix.
6. Line a muffin tin with paper liners.
7. Scoop out the batter and pour it into the paper liners.
8. Bake for 15 minutes, until muffin edges become brown.
9. Cool for 10 minutes and then enjoy.

Yield: 12 muffins

*For people with nut allergies, it is possible to substitute wheat flour for almond flour and sunflower seed butter for almond butter.

Kaplan-Mayer, Gabrielle. *The Kitchen Classroom: 32 Visual GFCF Recipes to Boost Developmental Skills*. Maryland: Woodbine House, Inc., 2010.

This semester, Gabrielle Kaplan-Mayer is once again teaching an education class at the Gratz Jewish Community High School. This class, which is available for college credit, prepares students for positions as teachers in Jewish supplementary schools.