

MUFFINS

INGREDIENTS

1. 2 Cup's Spelt/Wheat Grain gives you \pm 3 cubs of Stone-milled flour.
2. $\frac{1}{2}$ Cup Almonds / Pecan / Walnuts (whole), to be grounded.
3. $\frac{1}{2}$ Cup Raisins / Berries / Currents
4. $\frac{1}{2}$ Pack (5gram) dry yeast,
5. \pm 15ml Cinnamon
6. 2 x Eggs
7. 5 ml Himalayan Salt
8. 60ml Honey
9. 80ml Coconut oil or Butter
10. \pm 150ml Water

METHOD

1. Measure the 2 cubs of organic grain.
2. Set your stone mill to the fine setting; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.
4. Preheat the oven to 170°C.
5. Line two 12-cup muffin pans with butter.
6. In a blender or food processor (slow speed), ground the nuts.
7. In a large bowl, combine the dry ingredients (1-6). Mix well.
8. Mix and melt the butter and honey with 100ml of warm water.
9. Blend the water with the butter and honey mixture.
10. Blend the eggs and pour the mixture into the dry ingredients. Mix until well blended. Add more water if needed.
11. Divide the batter evenly among the muffin cups.
12. Allow the dough to rise in a 30-35°C heated area, i.e. if you have a electrical stove turn all the plates on for approx 1 min to heat it up and cover it with a blanket. This will create a nice warm and cozy environment for the bread to rise. If it is ready and raised the dough must almost be double in height. Duration to rise; it is all pending of the environment but normally it takes \pm 20 minutes.
13. Softly insert the tin and risen muffin mix in the oven.
14. Bake for \pm 20 minutes, or until a toothpick inserted in the centre comes out clean.
15. Cool in the pans for 5 minutes before removing to a cooling rack.
16. Makes 12 muffins.

Enjoy it &



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