

MUFFINS

INGREDIENTS (for 12 muffins)

1. 2 Cup's Spelt/Wheat Grain gives you \pm 3 cups 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. 1 tsp baking soda
5. 2 tsp Cinnamon powder
6. 1 tsp Vanilla powder
7. 2 x Eggs
8. 1 tsp Himalayan Salt
9. 4 Tbsp Honey
10. 80ml Coconut oil or Butter
11. \pm 150ml Water

METHOD

1. Measure the 2 cups 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), grind 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. Bake for \pm 20 minutes, or until a toothpick inserted in the centre comes out clean.
13. Cool in the pans for 5 minutes before removing to a cooling rack.

Enjoy it &



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