

Spicy Apple Cinnamon Muffins

Dairy-free & Vegan options included

I recommend soaking all flour products because of phytic acid blocking the absorption of minerals and vitamins. Here's how to soak:

3 ½ cups of a mix of whole wheat & white flour (freshly milled & sprouted is best) I get my flour from [Grainworks](#)
2 cups of buttermilk (Vegan: substitute coconut milk + 1 TB of lemon juice)

Mix well in a large bowl. Cover with a beeswax paper cover (like [Abeego](#)) or saran wrap. Soak this mixture for 12-24 hours on your counter or in a warm place (in the oven with the light on is good, but make sure to write a note “Don't turn the oven on!” or you might roast your mixture.

After 12-14 hours, mix in:

¾ cup organic fair-trade brown sugar or ½ cup raw organic honey
2/3 cup of butter or coconut oil, melted (do half if using honey for a sweetener, as it adds too much moisture)
3 tsp baking powder
2 tsp cinnamon
1/8 tsp ground cardamom
2 free-range organic eggs, slightly beaten
2 cups Apples, grated or finely chopped
¾ cup raisins

Fold in the ingredients by “kneading” them in while still in the bowl. Fold/knead the ingredients into the soaked mix and keep working at it until it's thoroughly mixed. Or you can use a food processor to evenly mix. Taste your end result to be sure it's sweet enough. Add 2TB more of honey or sugar if necessary. Spoon the mix into muffin cups. I fill mine up to the top for large muffins. Bake at 375° for 20 minutes until lightly browned on the bottom and a toothpick comes out clean. If you're doing mini muffins it might be 10 minutes, but you will need to experiment as I haven't tried doing mini-muffins. Let cool and store in the fridge for up to a week.



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