

Cupcakes

The difference is not in the ingredients, but the DIRECTIONS (also known as the METHOD). We use the creaming method to make cupcakes, so these instructions will be shown even though the PDF includes instructions for BOTH cupcakes and muffins.

Ingredients

- 225 g wheat berries, soft
- 250 g milk, whole
- 59 g butter (melted)
- 10 g baking powder
- 145 g sugar, granulated
- 1 g sea salt (1/4 tsp)
- 5 g extract, vanilla (1 tsp)
- 100 g egg, whole (2 eggs)
- 175 g mix-ins

Directions

1. Preheat Oven to 350 F.
2. Mill the grains into fine flour
3. Combine softened butter and sugar in your mixing bowl and cream together until the mixture looks fluffy and light and you cannot see sugar crystals in the butter any longer. You may need to scrape down the bowl a few times and mix several times.
4. Add the eggs slowly, mixing so they are well combined. This is done so the liquids and the fats can be combined and not separate and is the most important step of this method!
5. Add the dry and wet ingredients to the fat by alternating. Add a little dry, then a little wet, and repeat.
6. Add mix-ins on lowest speed for about 3-5 seconds, then fill muffin cups half-way.
7. Bake at 350 F until the middle of the cupcakes or cake reach 200 F. 15-24 minutes.
8. Remove from oven and let cool before eating or frosting.

Notes

MIX-INS

chocolate chips

white chocolate chips & cranberries

mashed banana and walnuts

blueberries, raspberries, strawberriess

pecans, pistachios, or other nuts

dried cherries plus 1 tsp vanilla extract

replace vanilla extract with citrus extract

1 tbsp maca root powder, 1 tbsp hemp seeds,

and 2 tbsp raw cacao powder