

Muffin / Cupcake Base



Prep: 10 Mins



Ready in: 30 Mins



Bake: 20 Mins



Serves: 12 Pcs

INGREDIENTS

- 225g soft grains, milled (1 3/4 cup grains)
- 250g milk (1 scant cup)
- 59g butter, melted (1/4 cup)
- 10g baking powder (2 tsp)
- 145g sugar (3/4 cup)
- 1g salt (1/4 tsp)
- 5g vanilla extract (1 tsp)
- 50g eggs, beaten (1 egg)
- 175g mix-ins

MIX-INS

- chocolate chips
- white chocolate chips & cranberries
- mashed banana and walnuts
- blueberries, raspberries, strawberries
- 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

Chocolate Base:

Lower soft grains to 175g, add 50g cocoa powder
Replace at least half the milk with strong coffee

Muffin Method

1. Preheat oven to 350 F.
2. Combine liquid ingredients, including melted butter in the mixing bowl.
3. Add the dry ingredients.
4. Stir until JUST combined. Over mixing will make for tough muffins.
5. Add any mix-ins, just enough to combine.
6. Fill muffin cups equally.
7. Bake @ 350 F until 200 F in the center of the muffin. Let cool before decorating.

Cupcake (Creaming) Method

1. 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.
2. 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!
3. Add the dry and wet ingredients to the fat by alternating. Add a little dry, then a little wet, and repeat.
4. Add mix-ins on lowest speed for about 3-5 seconds, then fill muffin cups to the top or put in a greased baking pan and bake as a cake.
5. Bake at 350 F until the middle of the cupcakes or cake reach 200 F. 15-24 minutes for cupcakes, 40 - 50 minutes for cake.