

Muffins

The ingredients are the SAME as cupcakes, but we use the muffin method. The included PDF recipe base is 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
- 5 g extract, vanilla
- 100 g egg, whole (beaten)
- 175 g mix-ins

Directions

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.
8. Remove from oven and let cool before eating or decorating.

Notes

MIX-IN IDEAS

- 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