



Morning Glorious Millet Muffins

Preheat Oven 350°

1-2 cups Millet flour

2-3 cups Spelt flour } or other combination

2-3 cups wheat flour

4-5 teaspoons Baking Powder

1/2 Tablespoon Salt

3 Tablespoons Cinnamon

3/4 cup Maple Syrup

1 13oz can Coconut Milk

1 Tablespoon Vanilla

1/2 cup Olive Oil or 1 stick softened Butter



Oil Muffin tips

Mix Dry ingredients with wet
then spoon into tins.

Cook 20-30 minutes (Small ones a little less)
...then serve...

Favorite Variations

- Dice 3-4 apples and fry in a skillet for 20 min. with cinnamon and 1 cup water then add to mix.
- add 2 cups precooked Oatmeal
- add raisins, currants or cranberries & orange peel.
- 1 cup pumpkin