

Blue Berry Muffins

INGREDIENTS (for 12 muffins)

1. 1 Cup Khorasan wheat or Spelt
2. 1 Cup Coconut, desiccated
3. 1/2 tsp Himalayan Rock Salt
4. 1 tsp Baking soda
5. 1&½ Cup Blue berries
6. 4 x Eggs
7. 3 Appels, grated
8. 3 Tbsp Butter
9. 2 Tbsp Honey

Preparation

1. Measure the 1 cup of organic grain.
2. Set your stone mill to the fine setting; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.
4. Preheat the oven to 180°C.
5. Line a 12-cup muffin pan with butter.
6. In a large bowl, combine the dry ingredients (1-4). Mix well.
7. Melt and mix the butter, honey and eggs.
8. Combine all the other ingredients and mix with a spoon.
9. Divide the batter evenly among the muffin cups.
10. Bake for ±25 minutes, or until a toothpick inserted in the centre comes out clean.
11. Cool in the pans for 5 minutes before removing to a cooling rack.