

Kitchen Therapy

Seedy Millet Muffins makes 12

Ingredients	metric measures
2 cups millet flour	250 gm
1 cup packed dark brown sugar	150 gm
3/4 cup millet seeds	150 gm
1/4 cup ground flax seeds	25 gm
2 teaspoons xanthan	8 gm
2 teaspoons baking powder	8 gm
1/2 teaspoon salt	8 gm
1/2 cup buttermilk	120 ml
1/3 cup oil	80 gm
2 large eggs	100 gm

Preheat oven to 425 degrees. Prepare a muffin tin with muffin papers, or oil the wells.

In a medium bowl, whisk together millet flour, dark brown sugar, millet seeds, ground flax seed, xanthan, baking powder, and salt. Combine thoroughly, and break up lumps of dark brown sugar or baking powder with your fingers if any remain.

In a small bowl, whisk together buttermilk, oil, and eggs.

Add liquid mixture to flour mixture and whisk until no lumps remain.

Spoon or scoop batter into muffin cups. Allow to rest for 5 minutes.

Bake for 18-20 minutes. The muffins are done when a toothpick inserted into the middle comes out clean.

Click on the links below for more information.

Millet nutrition. <http://whfoods.org/genpage.php?tname=foodspice&dbid=53#descr>

Antioxidants in sweeteners. <http://blog.kitchentherapy.us/2009/08/antioxidants-in-sweeteners>

Flax nutrition. <http://whfoods.org/genpage.php?tname=foodspice&dbid=81#descr>

When and how to use xanthan. <http://blog.kitchentherapy.us/2009/07/how-to-use-xanthan>

Eggs. <http://blog.kitchentherapy.us/2009/04/e-is-for-eggs>

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Overcome your gluten free kitchen issues.
<http://blog.kitchentherapy.us>

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