

## **Buttermilk Millet Muffins**

Yield 12

Preheat oven to 425 degrees.

1 cup buttermilk

1 egg

1/3 cup oil

¾ cup dark brown sugar

1 ½ cup millet flour or gluten free flour blend

2/3 cup millet seeds

2 tablespoons ground flax seed meal

1 ½ teaspoon xanthan gum

1 teaspoon baking powder

¼ teaspoon baking soda

1/4 teaspoon salt

In a small bowl, whisk the wet ingredients well. That is the buttermilk, egg, oil and dark brown sugar. Sugar, any sugar, is considered a wet ingredient in baking. Weird, I know. Brown sugar does mix better with the wet ingredients than the dry ones.

In a large bowl, thoroughly combine all the dry ingredients.

Make a well in the dry ingredients. Pour in the wet ingredients and stir until completely mixed.

Allow the batter to sit for 5 minutes.

Put 12 muffin papers in muffin pans. Fill the papers about ¾ full. Sprinkle tops with raw sugar crystals if desired.

Bake for 20 to 25 minutes.

Read more: <http://blog.kitchentherapy.us/2009/05/m-is-for-millet-muffins-two-ways/>