

BREAD & BREAKFAST

Gingerbread Muffins

Nothing like starting the day out with THESE in your tummy. The doubled ingredient amounts are in parentheses. This recipe comes from Set for Life: Eat More, Weigh Less, Feel Terrific! by Jane P. Merrill and Karen M. Sunderland (SLC: Sunrise Publishers, 1995, p.92).

1 1/4 (2 1/2) cups whole wheat flour (freshly ground is great!)
1/4 (1/2) teaspoon salt
3/4 (1 1/2) teaspoon soda
1/2 (1) teaspoon cinnamon
1/2 (1) teaspoon ginger
1/8 (1/4) teaspoon nutmeg
1 (2) tablespoon sugar
1 (2) egg
1/4 (1/2) cup oil
1/3 (2/3) cup light molasses
1/2 (1) cup buttermilk (or Lactaid with lemon juice or vinegar to sour it)

Mix dry ingredients. Add eggs, oil, molasses, and buttermilk. (I combine the wet ingredients first before adding them to the dry.) Stir until combined. Pour into greased muffin tins 2/3 full. (I prefer not using papers on this particular muffin.) Bake at 400 for 12-14 minutes or 8-10 mins for mini muffins. Makes 10-12 (20-24) regular muffins.

Serving suggestion: Toast, juice, and your vitamin!