



Spicy Whole Grain Apple Muffins

Even though we recommend eating our Ultimate Whole Cereal or Okanagan Apple Whole Cereal as a soaked whole grain breakfast choice if you happen to have some leftover in your fridge this recipe might work perfectly.



- 2 eggs
- ¾ cup milk
- ½ cup palm sugar
- ¼ cup vegetable oil
- 1 tsp vanilla
- 1 cup soaked Fieldstone Organics cereal (½ cup dry that has been soaked in ½ cup water for 18 – 24 hours)
- ¾ freshly flaked oats
- 1 cup grated apple (in addition to dried apples in cereal, especially if you like extra apple)
- ½ cup currants, raisins or dried cranberries
- ½ cup walnuts
- 1 ½ - 2 cups freshly ground whole grain flour, Fieldstone Organics Spelt or Khorasan work well
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ tsp sea salt

Preheat oven to 375 degrees. Grease or line muffin tins.

Beat eggs, add milk, sugar, oil and vanilla. Blend and add flaked oats, soaked grains, apple, currants, and walnuts. Mix well.

In another bowl combine flour, baking powder, baking soda, cinnamon, nutmeg and salt. Blend. Add oat/whole grain mixture and stir just until blended.

Spoon bran into prepared muffin tins. Bake in preheated oven for 20 minutes.

