

Spelt Muffins

2 1/4 cups SPELT flour
1 1/4 cup milk or milk substitute
1/4 cup sugar or honey
3 eggs, beaten
1 Tablespoon alum-free baking powder
1 Tablespoon oil
1/2 teaspoon seasalt, if desired

Combine all dry ingredients. Add milk, eggs, oil. Mix. Fill muffin cups, greased or papered. Bake for about 17 minutes, or until browned, in a 375 degree oven.

VARIATIONS: Add 1/2 cup chopped almonds, OR 1/2 cup chopped dates, OR raisins, etc.