



Caraway Puffs

- 2 packets of Dry Active yeast
- ½ cup + 3-4 tablespoons warm water (105-115 degrees)
- 2 cups small-curd (whole fat) cottage cheese
- ¼ cup date or maple sugar
- 2 tablespoons caraway seeds
- 2 teaspoons sea salt
- ½ teaspoon baking soda
- 2 eggs, slightly beaten
- 4 ½ cups sprouted wheat flour
- Melted butter

Combine yeast and warm water in a large mixing bowl; stir and set aside. Heat cottage cheese over low heat until lukewarm. Stir cottage cheese, sugar, caraway seeds, salt, soda, and eggs into yeast mixture. Gradually add sprouted flour, stirring until dough leaves the sides of the mixing bowl. I like to use my hands or my Kitchen Aide stand mixer.

Cover and let rise in a warm place, free from drafts, 1 hour. Stir dough down. Spoon into two well-greased muffin pans. Cover; let rise in a warm place about 45 minutes or until doubled in bulk.

Bake at 350 degrees for 25 minutes or until golden brown. Brush tops with butter. Makes 2 dozen muffins.