



Gingerbread Muffins

- 1 cup lard
- 1 cup sugar
- 1 cup molasses
- 3 large eggs
- 1 cup + 2 tablespoons (whole fat) buttermilk
- 3 cups sprouted flour (your choice)
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- 1 ½ tablespoons ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

Beat lard and sugar together in electric mixer until creamy. Add molasses and beat until blended. Add eggs, 1 at a time, beating until blended after each addition. Add buttermilk and beat until blended.

Combine flour and next 5 ingredients. Gradually add to buttermilk mixture and beat until blended.

Spoon batter into greased muffin pans, filling two-thirds full. Bake at 350 degrees for 20-23 minutes. Remove from pans immediately. Makes about 2 ½ dozen muffins.