



## Sprouted Wheat Breakfast Muffins

Preheat oven to 400 degrees and grease 9 of the 12 openings of a regular size muffin tin with coconut oil. In a large bowl mix the following ingredients:

- 1 ½ cups TYH Sprouted Whole Wheat Flour
- ½ cup Rapadura
- 3 tsp. baking powder
- ½ tsp. sea salt
- ¾ cup raisins
- 1 tsp. cinnamon

In a smaller bowl mix:

- ¾ cup organic canned coconut milk
- ½ cup filtered water
- 1 tsp. vanilla
- 1/3 cup coconut oil, melted
- 1 egg, beaten

Stir by hand the wet ingredients into the dry ingredients just until blended and then fill 9 greased indentations in the muffin tin and bake in a 400-degree oven for 20 minutes.

\*Recipe shared by customer & newsletter subscriber Christine P.