

Bubby Reese's Bakery

Cranberry Spelt Muffin

Quant.	Measure	Ingredient	Comments
500	ml	Buttermilk	
160	g	Flax - Ground	
Mix flax seeds into buttermilk and set aside.			
2	whole	Eggs, Fresh	
3	oz	Vegetable Oil	
225	g	Brown Sugar	
Whisk the eggs with the sugar and oil. Pour into mixing bowl.			
310	g	Spelt Flour	
125	g	Oatbran	
1	Tbsp	Baking Powder, Double Acting	
1	tsp	Baking Soda	
1	tsp	Cinnamon	
0.5	tsp	Salt	
Blend together the dry ingredients above and stir into liquids.			
Mix in flax seed/buttermilk mixture.			
250	g	Cranberries	

Fold cranberries onto batter.

Scoop into paper-lined muffin tin.

Sprinkle a small amount of flax seeds on top.

Bake @ 375°F for about 15 - 20 minutes. Test for doneness.

Yield: about 10 muffins