



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Basic Muffins

INGREDIENTS:

1 egg substitute
3/4 C milk
1/4 C oil*
1/4 C water
2 C whole wheat PASTRY flour (not GF)
1/3 or less of coconut sugar
3 tsp baking powder

DIRECTIONS:

-Heat oven to 400.
-Mix all ingredients and pour into muffin tin 3/4 full.
-Bake :20

Optional:

Banana: Add 1 C mashed banana, reduce milk to 1/3 C

Blueberry: Add 1 C fresh or 3/4 C frozen blueberries

Surprise: Fill muffin tin 1/2 way with batter, add 1 tsp jam then fill to 3/4 full

*Sub 1 banana or 1/4 C applesauce for the oil, it may be a little more dense



