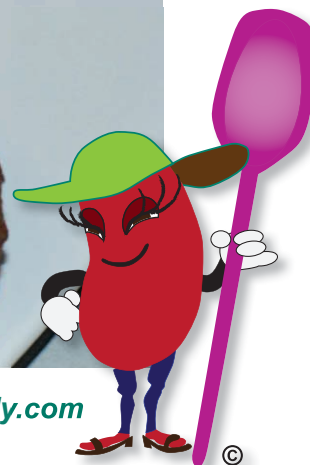


Beans, Rice And Everything Nice

Gingerbread Muffins



beansriceeverythingnice.weebly.com



Ingredients

makes 12 muffins

1 cup gluten-free steel cut oats
1/2 cup gluten-free buckwheat groats
1 cup unsweetened non-dairy milk
(I used soy)
1/2 cup water
1/3 cup maple syrup
1/4 cup blackstrap molasses
2-1/2 teaspoons ground ginger
1-1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoons ground cloves
1/2 teaspoon salt (optional)
2-1/2 teaspoons baking powder
3/4 teaspoon baking soda
1 apple, cored and diced
1/2 cup raisins

1. Start at least 8 hours in advance by adding the steel-cut oats, buckwheat groats, non-dairy milk and water to a blender jar. Cover and place the jar in the refrigerator to soak for 8 hours or overnight.
2. Preheat the oven to 205C / 400F. Prepare a muffin tray by lining the cups with parchment paper or silicone muffin cup liners. Chop the apple, and add to a medium-sized mixing bowl along with the raisins. Set aside.
3. Add the maple syrup, molasses and spices to the blender with the soaked oats and buckwheat. Blend until smooth. Once smooth, add the salt, baking powder and baking soda, and blend again to thoroughly distribute the leavening ingredients.
4. Pour the muffin batter over the apples and raisins in the mixing bowl. Stir to combine.
5. Fill the muffin cups to the top and bake in the preheated oven for 25 - 35 minutes. The middle of the muffins should be moist but not wet. The muffins will set more as they sit. Cool for 10 minutes before removing from the muffin tray. Allow to cool completely before eating. Yummy!