

From our kitchen to yours



Gingerbread Muffins

TOTAL TIME: 30 min YIELDS: 12 servings

Ingredients:

1/2 cup	coconut oil	1 1/2 cups	all-purpose flour
1/3 cup	molasses	1 cup	whole wheat flour
1/2 cup	real maple syrup	1 1/2 tsp	baking soda
1	egg	1/2 tsp	salt
1/2 cup	light sour cream	2 tsp	cinnamon
1/2 cup	milk		turbinado sugar for topping
1 tbsp	fresh ginger paste (or 1 tsp ground ginger)		

Directions:

Preheat oven to 375F and spray a standard 12-cup muffin pan.

Melt the coconut oil. In a small bowl, whisk the liquid oil with the molasses.

In a mixing bowl, whisk the egg, maple syrup, sour cream, milk and ginger. Let the mixture come to room temperature so you can easily add the oil (30 seconds in the microwave if you're in a rush). Once it's at room temperature, add the oil and molasses from step 1.

Add the flours, baking soda, salt and cinnamon. Stir a few times until just combined. Scoop into the muffin tin and sprinkle with turbinado sugar. Bake for 17-20 minutes until the tops are puffy and firm to the touch. Cool for a few minutes before serving.

