

Soaked Muffins

You'll love these muffins as-is, or use the general formula of this recipe to use your own add-ins and flavors.

Recipe Notes

Refer to the Ingredient Notes (with the Getting Started materials) for more details about the ingredients. If there are any substitutions you can make, I'll list them here.

Whole Wheat Pastry Flour. If you can't find whole wheat pastry flour, feel free to use regular whole wheat flour. You need to reduce the amount 1/8 cup. For gluten-free muffins, use a gluten-free flour mix instead of the whole wheat pastry flour. Here's a homemade whole-grain flour mix. Combine equal parts of: buckwheat, millet, sorghum and sweet rice. Store this mix in an airtight container and use as you would regular flour. Also, adding 1-1/2 teaspoons xanthan gum will help them hold together instead of crumble.

Raw, Apple Cider Vinegar. Instead of raw apple cider vinegar, consider using other acid liquids such as: yogurt, buttermilk, kefir, lemon juice, or whey.

Unrefined Coconut Oil. Feel free to use butter.

Raw Milk. Use yogurt, kefir or buttermilk and omit the raw apple cider vinegar. Increase the sweetener to 2/3 cup, as the muffins will be less sweet overall. Or, use water, nut milk, or coconut milk (leave the apple cider vinegar in the recipe).

Pastured Eggs. Use 2 tablespoons of flax seed meal (ground up flax seeds) whisked into 6 tablespoons of water for the two eggs (1 tablespoon flaxseed meal + 3 tablespoons of water for each egg). The muffin will be a bit more crumbly, but still fantastic.

Corn-Free Baking Powder. Combine 1 part baking soda, 1 part arrowroot powder, and 2 parts cream of tartar. Mix well and store in an air-tight container. Use as you would conventional baking powder.

Basic Soaked Muffins

Makes 1 dozen muffins

- ▶ 1-1/2 cups (165 g) whole wheat pastry flour
- ▶ 1/2 cup (45 g) rolled oats
- ▶ 1 or 2 tablespoons (15 – 30 mL) raw apple cider vinegar
- ▶ 1 cup (240 mL) raw milk
- ▶ 2 local, pastured eggs
- ▶ 1/2 cup (100 g) Rapadura, Sucanat, or evap. cane juice
- ▶ 1 teaspoon (5 mL) vanilla
- ▶ 1/2 cup (120 mL) virgin, unrefined coconut oil (melted if solid at room temperature)
- ▶ 1 teaspoon (5 mL) sea salt
- ▶ 2 teaspoons (10 mL) aluminum-free and non-gmo baking powder



Spices of your choice: (I like...)

- ▶ 2 teaspoons (10 mL) cinnamon
- ▶ 1 teaspoon (5 mL) ginger
- ▶ 1/4 teaspoon (1.25 mL) nutmeg

Add-ins of your choice: (I like...)

- ▶ 1/2 cup (83 g) raisins (optional)
- ▶ 1/2 cup (75 g) chopped crispy nuts (from lesson 2 — optional)
- ▶ 1/2 cup (40 g) unsweetened shredded coconut (optional)
- ▶ 1 cup (240 mL) shredded zucchini, apple, or carrot (may require additional cooking time)

In mixing bowl, combine flour, rolled oats, apple cider vinegar, and milk. Cover and let soak overnight, up to 24 hours.

When ready to bake, preheat the oven to 375 degrees. In separate mixing bowl, whisk together eggs, sweetener, and vanilla. While whisking, add the coconut oil. Whisk until smooth.

Add salt, baking powder, and spices to the wet ingredients. Whisk fully. Add wet ingredients to the soaked flour mixture. Mix until smooth. Add add-ins and mix to incorporate.

Fill oiled muffin tin, or paper-lined muffin tin, with the batter to a generous three-quarters full each.

Bake for 20 to 25 minutes, until a toothpick inserted in the center of a muffin comes out clean and muffins are gently browned. Take out of oven and transfer muffins to a cooling rack. Store in an airtight container when fully cooled.

Questions? Impressions?

Be sure to visit the forum to share your thoughts or ask your questions!

Your Notes

Please use this space to make notes on this lesson, or to jot down any questions that arise. Be sure to visit the forums and ask your questions, so we can clear up any confusion.