

Brown Bread Muffins

3 1/4 Cups Gluten-Free Flour, Spelt Flour, or Whole Grain Flour

2/3 Cup Coconut Sugar or Brown Sugar

1/4 Cup Molasses

2 Cups Soy Milk or Regular Milk

2 Teaspoons Baking Soda

1 Tablespoon Cinnamon

1 Cup Raisins

Pre-heat oven to 350 degrees. Line or grease muffin pans. In mixer, combine sugar and molasses, then add the baking soda, cinnamon, and milk. Add the flour slowly, mixing well until smooth. Add the raisins. Pour the batter into muffin cups and bake 30-45 minutes, or until a pick inserted into the center of the muffin comes out clean. Serve warm or at room temperature.

Notes: Can be topped with cream cheese frosting or whipped cream. Batter can be poured into a bread loaf pan and used as sandwich bread with cream cheese, or in a round pan and served warm with ice cream.