









Recipes

Basic Muffin

-  2 cups whole wheat pastry flour
-  1 cup cornmeal
-  1 tbsp baking powder
-  1 tsp cinnamon (optional)
-  1/8 tsp sea salt
-  1 cup **Organic Original Rice Nectar**
-  3/4 cup water
-  2 eggs or 4 oz tofu

Preheat oven to 375°F. Oil muffin tin. Sift dry ingredients in large bowl. Mix liquid ingredients together. (If using tofu, puree in blender with wet ingredients until creamy.) Add wet ingredients to dry; mix gently. Do not over mix. If batter seems dry, add water in very small amounts - some flours absorb more moisture than others. Pour batter into muffin tins. Bake 20 minutes. Yields 12 muffins.