



## Millet Muffins Adapted by Metropolitan Bakery

4 cups all-purpose whole wheat pastry flour or spelt, etc)  
2 1/2 teaspoons baking powder  
1 1/2 teaspoons kosher salt  
1 teaspoon baking soda  
2 cups millet, lightly toasted\* and cooled  
6 large eggs (or egg substitute)  
1/2 cup Almond milk  
2 teaspoons vanilla extract  
3/4 cup unsalted butter, softened  
3/4 cup agave nectar or maple syrup

Preheat oven to 375 degrees. Butter 24 muffin-pan cups.

In a large bowl, sift together the flour, baking powder, salt and baking soda. Stir in millet. In a small bowl, whisk together eggs (or egg substituted), almond milk and vanilla.

In the bowl of a mixer with paddle attachment, beat the butter and agave nectar/maple syrup until light and fluffy. At low speed, add the flour mixture alternately with the egg mixture, beginning and ending with the flour mixture. Take care not to over mix.

Spoon batter evenly into the prepared muffin-pan cups. Bake 15 to 20 minutes, rotating the pans between the upper and lower oven racks half way through. Bake until a wooden skewer comes out clean. Cool for five minutes and then remove from pan and continue to cool on a wire rack.

\*Toast the millet by spreading it out on a cookie sheet and baking it in a 350 degree oven for 10-12 minutes. Every three or four minutes, take the pan out and give it a careful shake, to make sure that every kernel of millet gets toasted. Makes 24 muffins