

# Suzanne's Basic Muffin



## Ingredients:

- ✓ 2 cups whole wheat pastry flour
- ✓ 1 cup cornmeal
- ✓ 1 tablespoon baking powder
- ✓ 1 teaspoon cinnamon (optional)
- ✓ 1/8 teaspoon sea salt
- ✓ 1 cup Suzanne's Organic Original Rice Nectar
- ✓ 3/4 cup water
- ✓ 2 eggs or 4 oz. tofu

## Directions:

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.

