



Buttermilk-Poppy Seed Muffins

(Makes 1 dozen)

- 2 cups sprouted flour (your choice)
- 1 cup maple sugar
- 1 tablespoon orange zest
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 1 cup whole buttermilk
- 3 large eggs, preferably pastured
- 2 tablespoons poppy seeds
- 1 teaspoon vanilla extract
- ½ cup butter, melted
- Orange Glaze

1. Preheat oven to 375 degrees. Combine first 6 ingredients in a large bowl; make a well in center of mixture.

2. Whisk together buttermilk and next 3 ingredients in a medium bowl. Add buttermilk mixture to flour mixture, stirring just until dry ingredients are moistened. Stir in melted butter. Spoon batter into a lightly greased 12-cup muffin pan, filling three-fourths full.

3. Bake at 375 degrees for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 5 minutes. Remove muffins from pan to a wire rack and drizzle with Orange Glaze.

Orange Glaze

- 1 cup powdered rapadura
- 1 teaspoon vanilla
- 2 tablespoons orange juice

Stir together rapadura, vanilla, and 1 tablespoon orange juice. Stir in remaining 1 tablespoon orange juice, 1 teaspoon at a time, for desired consistency.