



## Sprouted Millet Herbed Muffins

- 3 cups sprouted millet flour  
(*can use wheat flour or a ½ and ½ combination*)
- 2 cups whole buttermilk
- 3 eggs, lightly beaten
- 1 teaspoon sea salt
- 1/3 honey
- 2 teaspoons aluminum-free baking soda
- ¼ cup organic butter, melted
- 1 ½ teaspoons dried dill
- 1 teaspoon dried tarragon
- ½ teaspoon each, dried oregano, basil, and thyme

In a large bowl mix flour and buttermilk into a batter. Thoroughly blend in remaining ingredients. Pour into well-buttered muffin tins or use muffin liners. Bake at 350 degrees approximately 35-45 minutes, or until a toothpick inserted in the middle of a muffin comes out clean. NOTE: Check muffins at 30 minutes to ensure they're not over browning on top. Do the toothpick test at this time. If need to bake longer place a sheet of aluminum foil loosely on top to prevent further browning.