

This recipe is based on my corn bread muffin recipe. The corn meal is replaced with the residue from making oat milk. I'm also using sprouted spelt instead of einkorn. I made the test batch using 1/3 ingredients, and both Donna and I thought they were pretty good.

--

I also used the smaller, fluted silicone muffin cups and baked at 375 for ~20 min. Internal temperature was ~202F.

100 grams oat milk residue
(dried and whirled in blender)
80 grams sprouted spelt flour
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda

1 teaspoon salt
3 eggs
120 grams Icelandic yogurt
6 tablespoons oil
1/3 cup maple syrup

- Preheat the oven to 375F.
- Blend the dry ingredients.
- In a separate bowl, whisk the maple syrup and oil into the yogurt; then whisk in the eggs one at a time.
- Now gently mix in the dry ingredients just until the flour is moistened.
- Divide batter into ~15 smallish muffin cups.
- Bake approximately 20 minutes to internal temperature ~202F.
- How to test??? They should spring back, be lightly browned on top. I would think a cake tester would come out clean. If you are using an instant read thermometer, 200F is done!