

Dreggers

18 July 2023

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.

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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)	1 teaspoon salt
80 grams sprouted spelt flour	3 eggs
2 1/2 teaspoons baking powder	120 grams Icelandic yogurt
1/2 teaspoon baking soda	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!