

Einkorn Muffins

10 August 2022

180 grams einkorn flour

2 eggs

2 1/2 teaspoons baking powder

120 grams Icelandic yogurt

1/2 teaspoon baking soda

6 tablespoons oil

1 teaspoon salt

1/3 cup maple syrup

- Preheat the oven to 350F pure convection.
- Blend the dry ingredients.
- In a separate bowl, whisk the eggs, then whisk in the oil, skyr and maple syrup.
- Now gently mix in the dry ingredients just until the flour is moistened.
- Spoon into 6 large (Texas size) silicone muffin cups. Place filled muffin cups on wire rack and place this rack directly on oven rack.
- Bake approximately 20 minutes.
- 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!