

Einkorn Muffins

10 August 2022

180 grams einkorn flour

2 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 teaspoon salt

1/2 teaspoon Ascorbic Acid

2 eggs

120 grams Goat yogurt

6 tablespoons oil

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, yogurt and maple syrup.
- Now gently mix in the dry ingredients just until the flour is moistened.
- Spoon into 6 large (Texas size) silicone muffin or metal cups (or use metal 12 cup pan for smaller muffins). 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!