

Manoomin

Maple Muffins

 Vegetarian

These subtly sweet wild rice muffins are perfect for breakfast or in a bread basket for dinner!



Dry Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

Wet Ingredients:

- ¾ cup local milk
- ¼ cup unsweetened applesauce
- 1/3 cup pure maple syrup
- 1 local egg
- 1 teaspoon pure vanilla extract

Other Ingredients:

- 1 cup cooked wild rice (see cooking instructions on page 31)
- 1 medium apple, grated (about 1 cup)

1. Preheat the oven to 375°F.
2. In a large bowl, mix the dry ingredients.
3. In a medium bowl, mix the wet ingredients.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Fold in 1 cup of cooked wild rice and grated apple.
6. Grease muffin pan, spoon in batter until cups are about ¾ full.
7. Bake for about 15 to 18 minutes, or until golden brown.
8. Serve with a pat of butter, honey, or maple syrup.