

Muffins - BARLEY SPICE MUFFINS

1 cup barley flour

1 cup soy flour

1 T baking powder

½ t. sea salt

2 t. cinnamon

EnerGee Egg Replacer equivalent to 2 eggs

¼ c. vegetable oil

1 t. vanilla extract

½ cup maple syrup

¾ cup soy milk soured with 1 T. lemon juice

½ cup dried cranberries or cherries

Preheat oven to 375. Mix all dry ingredients together, then all liquid ingredients. Mix together and combine well, do not overmix. Add dried fruit. Fill oiled or lined muffin cups $\frac{3}{4}$ full and bake for 12 to 15 minutes or until tender but not overdone.

Prep time: 30 minutes Yield: 12 – 15 muffins