

Breakfast Muffins

The Natural Healing by Siegfried Gursche and Zoltan Rona

Ingredients

- 1/3 cup organic safflower oil or coconut oil
- 1 cup steel-cut oats
- 1 banana
- 1 cup apple sauce (no sugar added)
- 1 cup milk/soy milk/almond milk/rice milk
- 1 egg
- 2 cups whole wheat/kamut/spelt flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup raisins/craisins or your nut of choice (walnuts, pecans) or both!
- ½ tsp sea salt
- **feel free to experiment by adding cinnamon or nutmeg**



Directions

1. Mix first 6 ingredients together and let sit until oatmeal is soft
2. Mix together remaining ingredients.
3. Add oatmeal/applesauce mix to dry ingredients. Stir until ingredients are combined. Spoon into oiled muffin tins and bake at 400F for 35 minutes.
4. Makes 12 muffins

Cheddar Bacon Muffins

Ingredients

- 6 strips of bacon or turkey bacon – could also use ham or pancetta
- 1 cup shredded old cheddar cheese
- 3 cups flour
- 2 tbsp white granulated sugar
- 4 tsp baking powder
- 2 tsp pepper
- 1 tsp sea salt
- 1 cup milk or milk alternative
- ½ cup organic vegetable oil or to make it coconut oil
- ½ cup sliced green onions
- ½ cup sour cream
- 2 eggs



healthier

Directions

1. Cook bacon until crisp
2. In a small bowl, combine 1 tsp of crumbled bacon and 2 tbsp grated cheese and set aside
3. In a large bowl, whisk flour, sugar, baking powder, pepper and salt then stir in remaining bacon and cheddar
4. Whisk together milk, oil, onions, sour cream and eggs and pour over the dry ingredients
5. Stir together until just moistened
6. Spoon into greased or paper lined muffin cups and sprinkle the reserved bacon and cheddar mixture on the top
7. Bake in the center of a 375F oven for 20-25 minutes or until tops are firm to the touch and muffins are golden.

