



Anna's Muffins

3/4 cup hot water

1/4 cup oil

1/4 cup honey

1 3/4 cups amaranth flour

1/4 cup nuts, finely ground 1/4 cup arrowroot 1/8 teaspoon salt

2 teaspoons baking soda

1/2 teaspoon vitamin C crystals

1 teaspoon cinnamon 1/2 cup coarsley chopped nuts OR raisins (or both)

1 teaspoon vanilla

In mixing bowl combine water, oil and honey. Set aside for honey to melt. Sift flour and arrowroot separately before measuring. Combine dry ingredients, including both nuts, and mix well. Add vanilla to liquids. Add dry mixture all at once and stir only until it disappears; do not overbeat. Fill muffin papers (or oiled muffin cups) full. Bake in preheated 375 degree oven for 22-25 minutes. Center of muffin should feel firm. Makes 9 or 10 muffins, plain, or about 12 of variations that add fruit, such as APPLE-NUT MUFFINS. Optional: One slightly beaten egg may be added to liquids for a little more rise and slightly improved texture. Note: If you choose to use 2 tablespoons lemon juice or vinegar in place of the Vitamin C Crystals, be sure to reduce the water by that amount.