

Banana Wheat Germ Muffins

one dozen regular sized muffins

1 cup white spelt flour or all-purpose unbleached wheat flour
½ cup whole spelt flour or whole wheat flour
1 cup toasted wheat germ
1/3 cup honey or 1/3 cup raw cane sugar
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon ground nutmeg
2 eggs
½ cup milk
¼ cup melted butter or 3 tablespoons grapeseed oil

1. Heat oven to 425 degrees. Prepare muffin tins with paper liners, butter, or oil.
2. In a bowl, combine all dry ingredients except nuts and blend well.
3. Beat eggs with milk, butter, and banana until smooth. Add to dry ingredients and blend until well-moistened. Stir in nuts.
4. Spoon batter into muffin cups and bake until a rich brown, about 20 minutes.

Discussion: I like to use spelt flour to cut back on the amount of wheat flour. Spelt flour is in the wheat family, but was used before the wheat we cultivate today. It has a harder hull that naturally repels insects. Many people who have an allergy or intolerance to gluten or wheat can eat spelt. Spelt does have gluten, but less than wheat, so it depends on the sensitivity of the individual whether they can eat spelt or not. Foods prepared with spelt taste the same as those made with wheat.

Honey and raw cane sugar have a lower glycemic index than white sugar as well as nutrients that white sugar totally lacks.

Wheat Germ is the nutritional heart of the wheat berry. Toasting wheat germ creates a nuttier flavor. Because the natural oils are retained in wheat germ, refrigerate it to maintain freshness and nutrition. 30% of wheat germ is protein and also contains iron, potassium, B vitamins, and vitamin E.