

Molasses Cookie Muffins

Ingredients:

- 1 ¼ cups white spelt flour
- 1 cup whole spelt flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- 1 egg, beaten
- ½ cup milk
- ¼ cup honey
- ¾ cup unsulphured blackstrap molasses
- 3 tablespoons grapeseed oil

Servings: Makes 1 tin of (or 12 regular) muffins

Steps: Preheat oven to 375 degrees. Mix dry ingredients together in a large bowl. Make a well in the center and add the wet ingredients. Use a large whisk to quickly mix it all together thoroughly but just until the flour is incorporated. Do not overbeat.

Fit parchment paper onto two cookie sheets. Use a large spoon to scoop out the thickened dough and make 6 round cookie shapes per pan, well apart from each other. The dough will spread in the oven to twice the size you start with.

Bake for approximately 8 minutes depending on the type of metal that's in the pan you bake with. Check under the cookies for browning, not the top. If you wait for the tops to darken, the bottoms will be burnt. Cool on wire racks. Store in an airtight container.

Variations: If you add 1/3 cup toasted wheat germ to the recipe, you must add 1/3 cup more milk. If you add ½ cup of bran flakes, you must reduce the flour down to 1 ¾ cups total. You can use regular unbleached flour with whole wheat flour. Making these changes tends to dry out the dough so you may need a bit more milk. You can also use only regular unsulfured molasses and skip the honey, which I use above to cut the strong taste of the blackstrap molasses.

I was inspired by the popularity of muffin tops. Since all the muffin top pans I saw for sale were non-stick pans, which I avoid, I decided to try this approach. Cleanup is faster since there are no muffin cups to individually clean and all can be mixed in one bowl.

Discussion: Unsulfured blackstrap molasses has a moderate glycemic index of 55 and is well known as a healthful tonic. It is a significant source of the minerals calcium, iron, magnesium, potassium, manganese, copper, and selenium. Molasses is what is left over when processing sugar cane into table sugar. Blackstrap molasses is obtained from the third boiling of the sugar cane juice. Refined sugar, with a glycemic index of 80, has no nutritional value at all. It can actually deplete you of nutrients!

Adding the extra fiber provided by whole spelt or whole wheat flour is a plus. Fiber slows down the rush of sugar into the bloodstream which prevents a dramatic spike in blood sugar levels as does the use of a lower-glycemic sweetener.