

FROKOST MUFFINS

Serving 8

INGREDIENTS:

4 cups rolled oats
1 tsp salt
2 tsp baking powder
1 tsp cinnamon
½ tsp ground cloves
½ tsp dry ginger powder
2 cups non dairy milk
½ cup dates
½ cup raisins
¼ cup sunflower oil
2 tbsp linseed
6 tbsp water
½ cup sunflower seeds (optional)

PREPARATIONS:

1. *In a food processor, make flour of the rolled oats. Mix oats, salt, baking powder, spices and sunflower seeds (optional) in a large bowl.*
2. *With a handheld mixer, make a slimy egg-like substance of the linseed and 6 ss of water.*
3. *Then mix dates, milk and oil in the food processor.*
4. *Pour the wet mixture and the linseeds into the dry ingredients, mix using a minimum of strokes to avoid the muffins from getting though.*
5. *Stir in the raisins and pour into muffin tins.*
6. *Bake at 220 degrees until done (20 min).*