



*using*

## **Pocono Old Fashioned Buckwheat Flour**

Manufactured by The Birkett Mills

[www.thebirkettmills.com](http://www.thebirkettmills.com)

### **Apple Raisin Muffins**

*Makes six 2-1/2 inch muffins*

1 1/8 cups Pocono Light Buckwheat Flour  
1/4 tsp. salt  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 cup diced (raisin-sized) apple  
7/8 cup skim milk or rice milk  
1 large egg  
1/3 cup raisins  
1/4 cup packed brown sugar  
1/3 cup light oil  
1/2 tsp. vanilla extract  
1/4 tsp. lemon extract, optional  
1/2 tsp. apple pie spice mix

Line 6-cup standard muffin tin with muffin-liner cups.  
Preheat oven to 425 degrees.

Into small bowl combine flour, salt, baking powder, and baking soda. Mix thoroughly with whisk.

To medium bowl, add apple, milk, egg, raisins, sugar, oil, extract(s), and spice. Whisk until dissolved and combined. Tip dry ingredients into wet: with fork, quickly and lightly fold ingredients just until flour is moistened but batter is still lumpy. Using 1/3 cup measure, fill cups with batter.

Turn oven to 375 degrees; bake for 20-25 minutes or until domed and golden and toothpick stuck in center comes out clean. Cool for 10 minutes in tin; remove.