

Oat Muffins

(wheat free)

1 cup oatmeal
1 cup soymilk
1 cup rye flour
1 tsp baking powder
1 ½ tsp baking soda
½ tsp salt

1 egg
4 Tbsp melted butter
½ cup raisins
rind of one orange
1 cup brown sugar

Let oatmeal stand in milk for 10 minutes, then add slightly beaten egg, butter and sugar, mix well. Combine rye flour, baking powder, baking soda, salt, raisins, and rind and add to oatmeal mixture. Bake at 400 for 20 minutes.