



Spicy Jalapeno Cheese Muffins

Ingredients:

- 1 c **Fieldstone Spelt**, ground
- 1 ½ t baking powder
- ¼ t Sea salt
- ¾ c plain yogurt
- ½ c aged cheddar
- ½ c grated parmesan
- ¼ c finely chopped red onion
- ¼ c finely chopped pickled jalapeno
- ½ t ground cumin
- 1 egg
- ½ c milk

Procedure:

Blend dry ingredients with yogurt. Add cheeses, onion, jalapeno and cumin. Mix together egg and milk and blend in with spoon. Drop into muffin pan greased with coconut oil. Bake at 375 for 30 minutes. Makes 12 muffins. Great with Hearty Fall Soup!

