

JANICE'S OVERNIGHT OATMEAL MUFFINS

Mix and let sit on counter overnight:

1 ¼ cup spelt flour
1 cup oatmeal
1 cup buttermilk plus ¼ cup water

In morning add:

¼ cup melted butter or oil
¼ tsp salt
1/3 – ½ cup succanat or honey
1 egg
¼ cup applesauce

and...

½ tsp soda
½ tsp baking powder
½ tsp cinnamon
½ cup raisins
½ cup nuts

Use cupcake papers and bake at 400 degrees for about 15-20 minutes. Eat warm with plenty of yellow butter.