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French Breakfast Puffs

<u>Before</u>	<u>After</u>
1/3 cup shortening or margarine	1/3 cup butter from organic, grass fed cows
1 cup sugar	1/2 cup organic sucanat or Rapunzel Rapadura sugar
1 egg	1 egg from local, naturally raised eggs
1 1/2 cup all-purpose flour	1 1/4 cup whole grain flour
1 1/2 tsp. b. powder	1 1/2 tsp. aluminum free b. powder
1/4 tsp. nutmeg	1/4 - 1/2 tsp. nutmeg
	1/2 tsp. cinnamon
1/2 cup milk	1/2 cup milk from organic, grass fed animals
	2- 3 tsp. vanilla

Preheat oven to 350 F.

Melt butter on low heat.

Beat egg and mix in sugar, vanilla and butter. Add milk.

Mix in flour, b. powder, nutmeg, and cinnamon.

Use butter to grease 12 muffin tins or line with unbleached baking cups. Fill cups 2/3 full of puff batter.

Bake for 20-25 minutes until puffs are browning and pulling from edge of pan.

Optional: Melt 1/4 cup butter. Mix 2 tbsp. whole sugar and 1/2 tsp. cinnamon. When puffs are baked, dip tops in butter and sprinkle with cinnamon sugar mix.

Enjoy!

If you would like more personalized attention around food, health and healing please contact Paula Youmell to set up a Nutrition and Health Consultation. She can be reached at the contact information above.

Enjoy radiant health today and every day!

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