

Sugar and Spice Muffin Mix

2 cups sugar (or evaporated cane juice)

3 teaspoons aluminum free baking powder

1/2 teaspoon baking soda

2 teaspoons nutmeg

3 1/3 cups unbleached flour

2 cups whole wheat flour (pastry flour)

1 1/2 teaspoons salt

Makes 4 batches of Cinnamon Spice Muffins



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