



Cinnamon Gems



8 muffins



40 minutes

INGREDIENTS

$\frac{3}{4}$ c. sifted all-purpose flour

1 tsp. baking powder

2 Tb. powdered cinnamon

$\frac{1}{2}$ c. brown sugar

$\frac{1}{2}$ c. currants

1 egg

$\frac{1}{4}$ c. milk

$\frac{1}{4}$ c. melted butter.

NOTES

These are especially spicy and good! These can easily be made gluten-free by substituting 1:1 gluten-free baking flour.

Enjoy!

DIRECTIONS

1. Preheat oven to 400F.
2. Heat cast-iron gem pans in the oven.
(Or lightly butter muffin tins, instead, but do not heat the tins in the oven.)
3. Melt the butter in a small saucepan, over low heat.
4. Sift the dry ingredients together into a mixing bowl.
5. Add the currants to the dry ingredients, and mix to distribute them evenly.
6. Beat the egg lightly with a fork, and add it to the milk; mix thoroughly.
7. Add the melted butter to the egg and milk, and blend together thoroughly.
8. Lightly grease the heated gem irons with butter.
9. Spoon the batter into the heated gem pans, until filled level with the tops.
10. Bake in a preheated oven, at 400F for approximately 20 to 25 minutes, until a cake tester, when inserted into the centre of one of the gems, comes out clean.