

Blueberry Muffins

4 c. whole wheat flour
1 t. sea salt
 $\frac{1}{3}$ c. raw sugar
1 T. baking powder
1 T. brewer's yeast
1 c. milk (approximately)
 $\frac{1}{4}$ c. soy oil
2 eggs, lightly beaten
1 c. blueberries

Preheat the oven to $^{\circ}400$. In a mixing bowl, combine the flour, salt, sugar, baking powder and yeast. Stir in enough milk to make a stiff dough. Stir in the oil, eggs and blueberries. Spoon into oiled muffin tins so that they are $\frac{2}{3}$ full. Bake 30 minutes or until done. Makes about 3 dozen two-inch muffins.