

BLUEBERRY MUFFINS – Gluten Free



INGREDIENTS

Wet Ingredients

- 1 ½ cups or one 10 oz. bag of frozen organic blueberries
- 2 Ener G egg replacer eggs
- 1/3 cup agave syrup
- 1/3 cup coconut sugar
- ½ cup applesauce
- 2 Tbs. grapeseed oil
- 1 six oz. So Delicious Coconut Yogurt (vanilla flavor)
- 1 Tbs. vanilla extract

Dry Ingredients

- ¾ cup Bob's Red Mill Gluten Free All Purpose Flour
- ¾ cup blanched almond flour
- ½ cup buckwheat flour
- ¼ cup flax seed meal
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp xanthum gum
- ½ tsp salt

Preheat oven to 375°

Cover the frozen blueberries with warm water to help them thaw. Once the blueberries have thawed, strain out the liquid.

Whisk together the wet ingredients (with the exception of the blueberries).

In a separate bowl whisk together the dry ingredients.

Combine the wet and dry ingredients. Once the batter is mixed thoroughly, fold in the thawed blueberries.

Grease the muffin tins with grapeseed or coconut oil (I used coconut oil and spread it with my silicone basting brush).

Divide the batter evenly into 12 muffin tins. Bake for 10-12 minutes, rotate the pan, and bake for another 10-12 minutes. A toothpick poked into the center of a muffin should come out clean.

Remove the muffin pan from the oven and cool for 10 minutes. After 10 minutes, remove the muffins from the tins and place them on a cooling rack to cool completely (DO NOT leave the muffins in the muffin pan to cool completely...the muffins will become soggy.).

When you do gluten free baking it is very important to allow the food to cool completely. When gluten free baked goods come out of the oven the texture can be gooey. Once cooled, the texture will firm-up and become the same as "normal" baked goods.

<http://veggiegrettie.com/2011/03/21/blueberry-muffins-gluten-free/>