



Apple Bread or Muffins

1 ½ cup all purpose flour blend
1 t xanthan gum
1 t baking soda
1 t baking powder
¼ t salt
½ cup oil
¾ cup sugar
2 large eggs
1 t vanilla extract
1 t cinnamon
1 cup apple sauce
½ apple finely chopped

Preheat oven to 375 grease 9 X 5 loaf pan

In a small bowl beat egg whites, place yolks in another bowl. Cream egg yolks, sugar, apple sauce and oil. Add vanilla, xanthan, baking powder, soda, and salt beat well. Add flour and apples beat till well mixed. Stir in egg whites. Put in greased loaf pan.. Bake for 50 min or until center is done. Cool 15 min on rack than take out of pan to finish cooling and slice.

Muffins

Fill 12 greased muffin pans two thirds with batter and bake for 25 to 30 min

<http://www.lincolntent.com/GFCF-Bread.html>