



Apple Pumpkin Muffins

Makes 18 Muffins

1 cup pumpkin puree
½ cup vegetable oil
2 cups sugar
1 t xanthum gum
2 ½ cups GF Flour mix
1 t baking soda
1 t cinnamon
½ t ginger
½ t salt
¼ t nutmeg
2 eggs separated
1 large apple diced

In a bowl beat egg whites

In a different bowl cream sugar, pumpkin, oil, egg yolks and xanthum gum . Mix rest of dry ingredients stir in to sugar mixture just until moistened. Then fold in apples and egg whites. Put in greased muffin pans and bake at 350 for 30 – 35 min or until done. Cool 10 min remove from pan. Yield 1 ½ dozen

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