

Blueberry Muffins

Yields 8

2 Egg
1/3 cup oil
1/3 cup apple sauce
1/2 cup almond milk
3/4 cup white sugar
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon xanthun gum
1 1/2 Cups GF Flour Blend
1 cup blueberries (if frozen thawed and rinsed)



Blueberry Mini-Muffins

Preheat Oven to 375. Separate Eggs and beat egg whites to a soft peak, set aside. Mix Egg yolks, oil applesauce, almond milk and sugar till well creamed. Beat in salt, baking soda, baking powder and xanthun gum. Add flour mix till well blended. Stir in blueberries. Fill greased muffin pan 3/4 full. Cook for 25 min or until lightly browned and tooth pick comes out clean in center.

Mini Blueberry Muffins

(Can use proportions above to do 48 mini muffins or measurements below for a single 24 cup mini muffin pan)

3/4 Cups GF Flour Blend	2 1/2 Tablespoons Canola oil
1/3 cup white sugar	1 Egg
1/4 teaspoon salt	2 1/2 Tablespoons apple sauce
1/2 teaspoon baking soda	1/4 cup almond milk
1/2 teaspoon baking powder	1/2 cup blueberries (if frozen thawed and rinsed)
1/2 teaspoon xanthun gum	

Preheat Oven to 350. Separate Eggs and beat egg whites to a soft peak, set aside. Mix Egg yolks, oil applesauce, almond milk and sugar till well creamed. Beat in salt, baking soda, baking powder and xanthun gum. Add flour mix till well blended. Stir in blueberries. Fill greased muffin pan 3/4 full. Cook for 12 - 15 min or until lightly browned and tooth pick comes out clean in center.

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