

Carrot Spice Muffins – Muffin Mix

Put dry ingredients in a sealed bag with instructions either inside or stapled to the top edge above the seal. You can make 3 or 4 at the same time and it really helps.

Dry Ingredient Mix

3/4 C GF flour blend
1/2 t each baking soda and baking powder
1/4 t ground cinnamon
1/8 t ground nutmeg
1/8 ginger and allspice
1 t xanthum gum
1/4 C raisins or dried cranberries

Carrot Spice Muffins – Muffin Mix Instructions

1 egg White
1 T Lemon Juice
1/4 C Almond Milk
3 T oil
1/4 t vanilla
3/4 C grated carrots (1 Large Carrot) can just process in the food processor
3 T honey
2 T apple sauce

Process honey, egg milk, oil vanilla, carrots, in food processor,. Mix with dry ingredients
Fill greased muffin cups DO NOT USE MUFFIN LINERS

2/3 full. Bake at 400 degree for 15 minutes.
Yield 8 Muffins

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