

Mini Apple Pumpkin Muffins

Makes 32 Muffins

1/2 cup pumpkin puree
1/4 cup vegetable oil
1 cups sugar
1/2 t xanthum gum
1 1/4 cups GF Flour mix
1/2 t baking soda
1/2 t cinnamon
1/4 t ginger
1/4 t salt
1/8 t nutmeg
1 eggs separated
1/2 large apple diced



In a bowl beat egg white

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 liners in mini muffin pans. Fill 3/4 full, it is easier if you use a cookie scoop, and bake at 350 for 12 to 15 min or until done. Cool 10 min remove from pan. Yield 32

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