

Gluten is a protein found in wheat, barley, rye and products made from these grains. Approximately 6% of the population is affected by gluten intolerance with 30% having a risk of developing the condition.

## Gluten-Free Flaxseed Zucchini Muffins

### Ingredients

1 rounded cup of fresh, grated zucchini	1/2 teaspoon fine sea salt
1/3 cup sorghum flour or brown rice flour	2 teaspoons cinnamon
1/3 cup GF millet flour	1 cup brown sugar
1/3 cup GF corn flour	1/3 cup light olive oil or coconut oil
1/3 cup potato starch or tapioca starch	2 large free-range organic eggs, beaten
1/3 cup GF flaxseed meal	2/3 cup soy milk, or non-dairy milk
2 teaspoons baking powder	1 teaspoon fresh lemon or orange juice
3/4 teaspoon xanthan gum	2 teaspoons bourbon vanilla

### Instructions

1. Press the grated zucchini with a paper towel to remove as much moisture as you can. After pressing, fluff with a fork. Set aside.
2. In a large mixing bowl, whisk together the flours, starch, flaxseed meal, baking powder, xanthan gum, sea salt, and cinnamon. Add in the brown sugar and stir.
3. Add the oil, lemon juice, eggs, and soy milk. Beat to combine and continue to beat on medium high until the batter is smooth- about two minutes.
4. Add in almost all of the shredded zucchini (I save out a few shreds to decorate the tops) and stir by hand to combine. If you are adding nuts to the batter, stir them in.
5. Using a spoon, drop the batter into the muffin cups and smooth the tops. Add a few shredded zucchini strands to the tops.
6. Bake in the center of a preheated oven until the muffins are golden and firm- about 20 to 25 minutes. Test doneness with a wooden pick- it should emerge clean



Source: <https://glutenfreegoddess.blogspot.ca/2014/09/gluten-free-zucchini-flaxseed-muffins.html>

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