RECIPE HUB

Gluten-Free Flaxseed Zucchini Muffins Gluten-Free Dishes

Source: glutenfreegoddess.blogspot.com









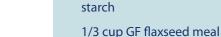
COOKING TIME: 25 MINS

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.

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.

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2 teaspoons baking powder

INGREDIENTS

1/3 cup GF millet flour 1/3 cup GF corn flour

zucchini

rice flour

1 rounded cup of fresh, grated

1/3 cup sorghum flour or brown

1/3 cup potato starch or tapioca

- 3/4 teaspoon xanthan gum
- 1/2 teaspoon fine sea salt
- 2 teaspoons cinnamon
- 1 cup brown sugar
- 1/3 cup light olive oil or coconut oil

2 large free-range organic eggs, beaten

2/3 cup soy milk, or non-dairy milk

1 teaspoon fresh lemon or orange juice

2 teaspoons bourbon vanilla

