

Gluten-Free Flaxseed Zucchini Muffins

Gluten-Free Dishes

Source: glutenfreesgoddess.blogspot.com



MAKES:
12



PREP TIME:
25 MINS



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.

INGREDIENTS

- 1 rounded cup of fresh, grated zucchini
- 1/3 cup sorghum flour or brown rice flour
- 1/3 cup GF millet flour
- 1/3 cup GF corn flour
- 1/3 cup potato starch or tapioca starch
- 1/3 cup GF flaxseed meal
- 2 teaspoons baking powder
- 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

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