

Riverview Wellness Center

Recipe

Client Name: Tammy Mauerman
Recipe for: Apple Cinnamon Muffins (gluten-free)

Ingredients: 2 cups brown rice flour
pinch of salt
1 Tbsp gluten-free baking powder
1 tsp ground cinnamon
3 Tbsp brown rice syrup
3 Tbsp butter
2 apples, unpeeled and grated
 $\frac{3}{4}$ cup almond rice milk

Preparation: Please do not make large muffins with this recipe as it takes away from the flavor and texture being gluten-free, Line 12 sections of a muffin pan with paper muffin cups. Preheat oven to 400 degrees F. Sift the flour, salt, baking powder and cinnamon into a bowl. Add remaining ingredients and mix well. You will have a thick, wet dough. Spoon into the prepared sections. Bake until pale golden and firm to the touch, about 20 minutes. Transfer to a wire rack to cool. Muffins keep well for a few days in an airtight container and can also be frozen.