

# 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.