

Lemon Blueberry Muffins

Preheat oven: 375°

Bake: 20-25 min.

1 1/3 C. Gluten-free Flour Blend
1 C. Almond Meal
2/3 C. Sugar
1 Tb. Baking Powder
1 Tb. Unflavored Gelatin Powder
1 1/2 tsp. Xanthan Gum
1 tsp. Salt

Grated lemon peel from one whole lemon
Juice from one whole lemon
3/4 C. Milk (Approximately)
1/4 C. Canola Oil
2 Lg. Eggs
1 tsp. Vanilla Extract

1 C. Fresh Blueberries

Grease 12-cup non-stick muffin pan or paper liners. Whisk dry ingredients together in large bowl. Evenly mix in the grated lemon peel.

Squeeze lemon juice into a one-cup liquid measuring cup. Add enough milk to make one cup of liquid. The milk will curdle. Mix remaining wet ingredients together.

Make a well in the dry ingredients. Add wet ingredients. Combine until moistened, and then gently stir in the fresh blueberries.

I use an ice cream scoop to divide the batter evenly between the baking cups. I also save a few blueberries to push into the top of the batter in each muffin cup just for looks! Makes about 12 muffins.

These recipes are adapted from Gluten-Free 101 Easy, Basic Dishes Without Wheat by Carol Fenster, Ph.D.

