

## Raw Apple Walnut Muffins

Preheat oven: 375°

Bake: 20-25 min.

1 Medium Chopped Apple  
2/3 C. Sugar  
2 tsp. Cinnamon

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

1/2 C. Milk  
1/2 C. Applesauce  
1/4 C. Canola Oil  
2 Lg. Eggs

1/2 C. Chopped Toasted Walnuts

Mix chopped apple, sugar and cinnamon together. Let sit for 5 minutes.

Whisk dry ingredients together in large bowl. In a separate bowl, whisk together wet ingredients thoroughly until smooth. Combine wet ingredients with the apple mixture, and then add to the dry ingredients. Mix until moistened.

I use an ice cream scoop to divide the batter evenly between the baking cups. Makes about 12 muffins. For an extra crunch, I add a sprinkle of turbinado raw cane sugar to the top of each muffin before baking.

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

