

Gluten-Free Muffins - Apple Cinnamon

These Apple Cinnamon Gluten-Free Muffins are an excellent treat for special occasions! They are the ultimate allergen-free muffin for parties or classrooms with multiple food allergies. Most of all though, these Gluten-free, Grain-free, Egg-free, Nut-free are Absolutely Delicious!! While they use only Phase 2 ingredients, this recipe is a perfect example of one that should be used with caution during Phase 2 because the combination of two sweeteners with refined bean flour bumps this recipe into the Phase 2.5 to Phase 3 category.

Focusing on Phase 1 and 2 recipes has been the norm on this blog. However, with many of our readers ready to move into Phase 3, we want to give you an example of a Phase 3 food. And finally, we want you to have a fun alternative for parties where others will be eating traditional cakes or cupcakes. Makes 6 muffins.

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¾ cup chickpea flour

¼ cup coconut flour

¼ teaspoon baking soda

1 teaspoon baking powder

⅓ cup avocado oil

1 egg (or 1 tablespoon chia seeds or flax seeds finely ground in a coffee or spice grinder and mixed into ¼ cup water)

½ cup [Extra Thick Applesauce](#) or 2 medium

apples with 2 tablespoons water, cooked until soft and puréed.

½ cup unsweetened soy milk, whole milk or almond milk

1 teaspoon vanilla extract

2 tablespoons honey

1 tablespoon maple syrup

1 teaspoon cinnamon

¼ teaspoon salt

Preparation

Preheat oven to 350°F.

First, combine chickpea flour, coconut flour, baking soda, and baking powder into a bowl. Then, in a separate bowl, place oil, egg, Extra Thick Apple Sauce, soy milk, vanilla extract, honey, maple syrup, cinnamon, and salt. Blend with immersion blender until smooth. Finally, add wet to dry ingredients, and stir or whisk until smooth. Because the batter is gluten-free, it's ok to blend again with the immersion blender to get the lumps out. Line 6 muffin tins with muffin cups.

Fill each evenly with batter. Bake for 25 to 30 minutes. Remove muffins from the tin and cool at least 15 to 20 minutes before serving.

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently.