

Minute Muffin Mix

6 cup batch

Garfava bean flour	1 1/2 cups
Sorghum flour	1/2 cup
Cornstarch	2 cups
Tapioca flour	2 cups
Baking soda	2 1/2 teaspoons
Baking powder	3 tbs
Salt	2 teaspoons

Minute Muffins- GLUTEN FREE AND VEGAN!

Ingredients for 12 muffins

Minute Muffin Mix	2 cups
Xanthan gum	1 teaspoon
Dry sweetener or honey	1-2 tbs (to taste)
Milled flax seed	1 tbs
Water	3-4 tbs
Oil or melted margarine	4 tbs
Soy milk	1 cup

Nuts, raisins, lemon zest, poppy seeds, or small fruit: add as desired

Preheat oven to 375. Grease muffin pan or use paper liners and spray with vegetable spray. Shake or use mini food processor to combine milled flax seed and water. Allow to stand a minute or two to become gelatinous. Add 1 tbs of vinegar to soy milk, and allow to stand a minute or two to thicken. Combine sugar and xanthan gum with muffin mix.

In a second bowl, combine honey, oil or margarine, soured soy milk and water/flax seed mixture. Add to dry ingredients. Add nuts, raisins, lemon zest and poppy seeds, or small fruit as desired. Combine, checking consistency and adding soy milk as needed to make a batter that almost pours into cups. (A batter that is too thick will not rise.) Bake 12-15 minutes or until toothpick comes out clean. These muffins can be frozen and defrosted as needed, and are excellent with sugarless fruit spreads.