

Muffin Recipe

½ cup brown rice flour
½ cup oat flour
2 tbl coconut flour or flax meal

Grind in coffee mill

1 tbl red quinoa
1tbl chia
1tbl flax

Mix well then add

½ cup chopped walnuts
3 tbl sunflower seeds
3 tbl quick oats
1/3 cup shredded coconut
½ cup currants
2 tsp sesame seeds
¼ cup chopped dried fruit

In a separate bowl mix

avocado oil, butter, and coconut oil to make ½ cup
lemon zest
½ cup apple or orange juice
3 eggs beaten
1 tsp vanilla

Preheat oven to 350

Add wet to dry and mix well

Fill mini tins 2/3 full

Reduce heat to 325 and bake for about 15 minutes.