

A CenFully Good Recipe from



Berry Flax Muffins

Makes 12 servings

Ingredients

1 c sorghum flour
1/3 c quinoa flour
1/3 flax flour
1/4 c tapioca starch
1 1/2 c xanthum gum
1 tbl baking powder
1/2 tsp salt
1/4 c ground flaxseed
1 egg
2 tbl grated orange zest
1 cup freshly squeezed orange juice
2 tbl vegetable oil
1/2 c agave nectar
1 cup thawed blueberries

Instructions

1. In a large bowl combine quinoa flour, sorghum flour, flax flour, tapioca starch, xanthum gum, baking powder, salt and flaxseed. Mix and set aside
2. In a separate bowl, combine egg, orange zest, orange juice, oil and agave nectar. With mixer, on low, slowly add dry ingredients until combined.
3. Slowly fold blueberries into dough. A dough hook works quite well for this, if you have one for your mixer.
4. Spoon butter into each cup of prepared muffin tin (using paper muffin cups is a great idea). Let stand 30 minutes. Preheat oven to 350. Bake 22-25 minutes, or until firm to touch. Remove from pan and place on rack to cool.

Glycemic Index: Medium
Glycemic Load: Moderate