

Wheat Free Muffins

Preheat oven to 400 F.

Mix together:

1 cup Spelt Flour (or oat or kamut flour)

1/2 cup Spelt or Oat Bran (or cream of rice or cornmeal)

3/8 tsp. Salt

3/8 tsp. Baking Soda

1/2 tsp. Cream of Tarter

Mix together in a separate container:

3/4 cup of Applesauce (or yam/sweet potato blended with rice/other milk until consistency of applesauce)

1/3 cup of Pure Juice (or soy or rice milk)

1 TB Olive Oil

10 drops of Stevia

Add wet ingredients to dry ingredients and mix until thoroughly combined.

Batter will be like that of cookie dough.

Spoon into lined/greased muffin pans (makes 6 muffins).

Bake for 30 minutes on a middle rack.

Cool on a rack and enjoy ☺