

Gluten Free Muffins

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**Combine:**

**13 ounces** of warm water

**1 TBS** honey

**1 TBS** yeast

**3 TBS** ground flaxseed

$\frac{1}{3}$  **cup** applesauce

**1 TBS** arrowroot

Combine in bowl and let proof

**Add:**

**1 TBS** oil

$\frac{2}{3}$  **cup** almond flour

**1 tsp** salt

Mix together

Add 2 cups almond flour and mix in and then add  $\frac{1}{3}$  cup at a time stirring or kneading until the right consistency. Ends up slightly sticky.

Add to pre-oiled muffin pans  $\frac{1}{3}$  cup in each.

Let rise for 20 minutes

Bake at 350 for 30 minutes.