

Gluten-Free, Casein-Free Muffins

INGREDIENTS:

- 2 cups gluten-free flour (almond flour or a rice/quinoa blend)
- 1/2 cup coconut sugar (or date syrup)
- 1 teaspoon baking soda (instead of baking powder)
- 1/2 teaspoon cinnamon
- 1/2 cup unsweetened applesauce
- 2 eggs (or flax eggs)
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the gluten-free flour, coconut sugar, baking soda, and cinnamon.
3. Add the applesauce, eggs, and vanilla extract. Mix well.
4. Spoon the batter into a muffin tin and bake for 20 minutes, or until a toothpick comes out clean.