

Gluten Free Basic Muffin

****Please note, I do not use cup measurements and do not know what they would be. There are converters online that you could look at and may help you but I am a strict scale user for my baked goods for several reasons, the most notable being consistency and flour substitution.****

(makes 10-14 regular sized muffins)

- 75 grams Starch (Potato, Tapioca or Sweet/Glutenous Rice Flour – usually use Potato)
- 175 grams gluten free flour (sorghum and brown rice are my usuals in varying ratios)
- 15 grams whole psyllium
- 6 grams salt (I use Celtic Sea Salt)
- 100 grams palm shortening
- 300 grams Water
- 50 grams apple sauce
- 2 tsp vinegar (add once everything else is completely mixed)

Optional Items

- sugar – I use 1.5 cups sugar for cranberry muffins, 75 grams for blackberry
 - fruit – you need to add an extra ½ tsp baking soda and 2 tsp vinegar per cup of fruit added
 - vegetables (you can add shredded or puree'd vegetables in the place of the apple sauce like squash)
1. Preheat oven to 350°F
 2. Mix ingredients except any fruit and vinegar until smooth, mix in vinegar then fold fruit in quickly.
 3. Put into muffin tin and pop into oven for 25-35 minutes or until completely cooked.

This recipe has been used in my house a number of times but is not fully out of the testing phase so please feel free to ask me any questions if you need help troubleshooting.

~Wysteria