



SUPREME PIZZA MUFFINS

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EACH BATCH MAKES 12 MUFFINS.

INGREDIENTS	X 1	X 2	X 3	X 4
Diced onion	1/4 cup	1/2 cup	3/4 cup	1 cup
Diced green pepper	1/4 cup	1/2 cup	3/4 cup	1 cup
Sorghum flour	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Potato starch or corn starch	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Tapioca starch/flour	1/2 cup	1 cup	1 1/2 cups	2 cups
Gluten free baking powder	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Italian seasoning	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Xanthan or guar gum	1 1/2 teaspoons	1 tablespoons	1 1/2 tablespoons	2 tablespoons
Salt	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Ground black pepper	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Large eggs (or 2 T ground golden flax + 3 T HOT water stirred until thickened, plus 1/4 t more baking powder per each egg replaced)	2	4	6	8
Gluten free pizza sauce	1/2 cup	1 cup	1 1/2 cups	2 cups
Mild flavored olive oil	1/2 cup	1 cup	1 1/2 cups	2 cups
Plain unsweetened gluten & dairy free milk substitute	1/2 cup	1 cup	1 1/2 cups	2 cups
Cooked and crumbled gluten free sausage	1/4 cup	1/2 cup	3/4 cup	1 cup
Mini or chopped gluten free pepperoni	1/4 cup	1/2 cup	3/4 cup	1 cup
Sliced black olives	1/4 cup	1/2 cup	3/4 cup	1 cup
Sliced green olives	1/4 cup	1/2 cup	3/4 cup	1 cup
Shredded gluten & dairy free cheese substitute, optional, divided	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups

Preheat oven to 350 degrees F. Oil muffin tin and set aside.

Cook onion and peppers in an oiled skillet over medium-high heat until onions are translucent and vegetables are tender. Remove from heat.

Whisk together sorghum flour, potato or corn starch, tapioca starch, baking powder, Italian seasoning, xanthan or guar gum, salt, and black pepper in mixing bowl.

Mix together eggs, pizza sauce, olive oil and milk substitute and add to dry ingredients. Mix together until well blended.

Fold in onions and peppers, cooked sausage, pepperoni, black and green olives and 1/2 cup of the shredded cheese substitute per batch into batter. Divide each batch of batter into a 12-muffin muffin tin.

Bake in preheated 350 degree F oven for 25 minutes or until they test done with a toothpick. Turn off oven. Dividing between muffins, top muffins with remaining shredded cheese, if using. Put back in warm oven for 2 minutes until cheese substitute is melted. Remove from oven and place muffins onto cooling rack after taking out of baking tin.

To freeze: Allow to completely cool, then place muffins in a freezer safe container or freezer bag. Remove as much air as possible, seal, label, and freeze.

To serve: Thaw. Eat at room temperature or warm through.