



# APPLE CIDER MUFFINS

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**EACH BATCH MAKES 16 MUFFINS. I RECOMMEND ONLY MAKING DOUBLE BATCHES AS XANTHAN GETS UNPREDICTABLE IN LARGE AMOUNTS.**

INGREDIENTS	X1	X2	X3	X4
Peeled, cored and chopped apples	2 1/4 cups	4 1/2 cups	6 3/4 cups	9 cups
Lemon juice	1 tablespoon	2 tablespoons	3 tablespoons	1/4 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
Brown sugar	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Gluten free baking powder	1 tablespoon (add 1/2 t more if egg free)	2 tablespoons (add 1 t more if egg free)	3 tablespoons (add 1 T more if egg free)	1/4 cup (4 teaspoons more if egg free)
Xanthan or guar gum	1 1/2 teaspoons	1 tablespoon	4 1/2 teaspoons	2 tablespoons
Salt	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Ground cinnamon	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Ground cloves	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Room temperature eggs (or replace each egg with 1 T ground golden flax + 3 T hot water, sitrred until thick)	2	4	6	8
Fresh apple cider	2/3 cup	1 1/3 cup	2 cups	2 2/3 cups
Mild flavored oil	1/2 cup	1 cup	1 1/2 cups	2 cups

Preheat oven to 350 degrees F. Put muffin liners in a muffin tin. Set aside. Peel, core and chop the apples if you have not already done so, and toss them with the lemon juice. Set aside while mixing the batter.

Whisk together sorghum flour, potato or corn starch, tapioca starch, sugar, baking powder xanthan gum, salt, cinnamon and cloves. Add eggs, apple cider, and oil. Mix until just blended. Fold in the apples.

Divide muffins into muffin cups. Bake at 375 for about 25 minutes or until a tester comes out clean. Allow to cool on a cooling rack.

**To freeze:** Place cooled muffins (without drizzle) into freezer bags. Remove as much air as possible, seal, label and freeze.

**To serve:** Thaw. Add drizzle, if desired, after thawing.