

CASSAVA FLOUR MIRACLE MUFFINS

Gluten Free • Dairy Free • Delicious

Moist with a tender crumb,
this grain free recipe is allergy
friendly and endlessly versatile.

Ingredients

- 3 cups cassava flour
- 1/2 cup sugar
- 1 Tablespoon cream of tartar
- 1/2 Tablespoon baking soda
- 1 teaspoon salt
- 1 1/2 cup dairy free milk
- 1/2 cup neutral oil
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup add-ins (such as frozen blueberries) + 1-2 T cassava flour for coating
- turbinato sugar, for dusting

Add-in Ideas

- blueberries + 1 tsp lemon extract
- dried cranberries + 1 tsp orange extract
- diced apples + 1/2 tsp cinnamon
- dried cherry + 1 tsp vanilla extract
- 3 T poppy seeds + 1 tsp lemon extract
- chocolate chips + 1 tsp vanilla extract

Notes

1. These muffins go easy on the sugar. If you prefer a sweeter muffin, increase the sugar to 3/4-1 cup.
2. Need egg free? No problem. Use what you like best. (My favorite is Bob's Red Mill Egg replacer.)
3. Swap 3 cups Namaste brand all purpose gluten free flour blend for the cassava flour for traditional gluten free muffins.

Method

1. Preheat the oven to 400 degrees Fahrenheit. Grease a muffin tin and set aside.
2. In a medium mixing bowl, whisk together dry ingredients. Set aside.
3. In another medium mixing bowl, whisk together wet ingredients. Add extracts or zest here. Set aside.
4. Toss added fruit or chocolate with 1-2 T cassava flour (until just coated). Set aside.
5. Pour wet ingredients into bowl with dry ingredients. Gently stir until just combined, then fold in add-ins. The batter will be thick.
6. Scoop batter into greased muffin tins (about 12-14 muffins, depending on the size). Dust the tops with sugar.
7. Bake for 18-20 minutes, or until internal temperature reads 180-185 degrees F.
8. Cool in pan for 5 minutes, then remove muffins and finish cooling on wire racks.

