

**Recipe for:** Apple Cinnamon Muffins (gluten-free)

**Ingredients:**

2 cups brown rice flour  
pinch of sea salt  
1 Tbsp gluten-free baking powder  
1 tsp ground cinnamon  
3 Tbsp brown rice syrup  
3 Tbsp butter  
2 apples, unpeeled and grated  
 $\frac{3}{4}$  cup almond rice milk

**Preparation:**

Please do not make large muffins with this recipe as it takes away from the flavor and texture being gluten-free.

Line 12 sections of a muffin pan with paper muffin cups.

Preheat oven to 400 degrees F.

Sift the flour, salt, baking powder and cinnamon into a bowl.

Add remaining ingredients and mix well. You will have a thick, wet dough.

Spoon into the prepared sections.

Bake until pale golden and firm to the touch, about 20 minutes.

Transfer to a wire rack to cool.

Muffins keep well for a few days in an airtight container and can also be frozen.