

Gluten and Sugar Free Peach or Blueberry Muffins

- Prep 15 m Cook 25 m Ready In 50 m Allergens: Contains Tree Nuts, Eggs

Ingredients

- 1/2 cups Stevia in Raw
- 1/2 cups Xylitol
- 1 cup almond meal
- 1/2 cup coconut oil
- 1/4 cup tapioca flour
- 1/4 cup buckwheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon guar gum
- 1 teaspoon cinnamon
- 6 eggs, yolks separated, whites whipped
- 3/4 cup peaches or blueberries

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Spray 12 muffin cups.
2. Grind Stevia and Xylitol (with Bullet) to powder them.
3. Mix in medium size bowl with almond meal, tapioca flour, buckwheat flour, baking powder, baking soda, guar gum, and cinnamon until combined.
4. Mix in coconut oil. (Can be slightly lumpy, I read it helps them rise.)
5. Separate egg whites from yolks and mix egg yolks into mixture.
6. Whip egg whites in separate bowl and fold into mixture.
7. Spoon batter into the sprayed muffin cups.
8. Slice peaches into chunks and scatter onto batter.
9. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes.
10. Cool muffins in pan for 10 minutes before transferring to a wire rack.

Note: The recipe I adapted this from was not sugar free. For me it was way too sweet, calling for 1½ cups of confectioner's sugar and way too oily, calling for ¾ cup melted butter. I substituted ½ cup coconut oil. I included the egg yolks for their binding properties and additional protein content.