

## **Sweet, Mixed Non-Grain Muffins**

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Dry Ingredients:

- 2  $\frac{3}{4}$  Cups Mixed Flour (Mix In Combinations To Get Good Variations)
- 1  $\frac{1}{2}$  Tsp Tapioca Or White Sweet Potato Or Corn Free Baking Powder
- $\frac{1}{2}$  Tsp. Salt

Wet Ingredients:

- 2 Eggs Or 2 Batches Of Egg Replacer . (This Has Potato In It. Use Baking Powder Only During The Times You Are Not Using Egg Or Potato In Your Rotation. Increase The Baking Powder To 3 Tsp If Not Using Egg Replacer.)
- $\frac{1}{4}$  Cup Oil Of Any Variety Tolerated
- 1  $\frac{1}{2}$  Cups Of Fruit Sweet Mix (You Can Thin By  $\frac{1}{2}$  To Make A Lighter, Less Sweet Muffin.

Blend Wet Ingredients And Then Add The Dry Into The Wet. Stir Until Just Mixed. Bake In Well Greased Mini Muffin Tins And Bake At 350 Degrees For 4-6 Minutes. These Freeze Well