



Ginger Quinoa Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

Dry:

1 cup quinoa flour
1/2 cup teff flour
1 tsp salt
2 tsp paprika
2/3 tsp baking soda
1 T unflavored gelatin

Wet:

1/2 cup maple butter
3 T fresh grated ginger
4 eggs
2 T ghee

Optional:

1 cup lightly steamed cranberries or diced and seared persimmons

Instructions

Preheat oven to 350 degrees.

Mix all dry ingredients together. In a separate bowl, mix the wet ingredients until

creamy. Slowly add the wet mixture to the dry, stirring as you go. Mix batter well until it looks like a thick, fluffy mousse.

If you want to add the cranberries or persimmons (you can also add chocolate chips. They go well with the paprika in the recipe) fold them in gently. You don't want to break the berries.

Spoon the batter in a lightly greased muffin pan. Each cup should be approximately 3/4 full.

Place in the oven for 11-14 minutes. Let the muffins sit in the pan for 5 to cool before eating.