

Gluten Free Sourdough Muffins

Yields 12 large muffins

1 cup brown rice sourdough starter
1/2 cup coconut flour
1/2 cup sorghum flour
1/4 cup potato starch
3 Tbsp arrowroot flour
2 tsp Xanthum Gum
2 tsp baking soda
1 tsp salt
1/2 cup coconut oil, melted
1/2 cup butter, softened
1/2 cup honey
10 drops liquid stevia
1 tbsp vanilla
1 tbsp lemon juice
6 eggs
2 cups of fruit (frozen or fresh) {I used 1/2 cup canned pineapple, 1/2 mashed banana, 1 cup frozen blueberries.}
*Optional - Sprinkle maple syrup flakes on top before baking.

Mix all ingredients well, fill greased muffins tins and let sit in a warm spot for 4+ hours.

Bake for 30 mins (or until toothpick comes out clean) at 325 F.

This recipe was altered to work with sourdough from the one at Nadine's blog;
<http://nadinelebeanandthelifehumblings.com/2013/01/17/the-battle-in-gluten-free-baking/>