

½ cup sweet rice flour
1 cup white rice flour
½ cup brown rice flour
½ cup potato starch
½ cup tapioca flour
½ cup garbanzo flour
2 teaspoons baking powder
1 teaspoon baking soda
¼ teaspoon fine salt
¼ teaspoon ground cloves
1 teaspoon ground cinnamon
½ teaspoon ground allspice
1 teaspoon ground ginger
½ teaspoon xanthan gum
½ cup Earth Balance soy-free spread
¾ cup brown sugar
1 cup pumpkin puree (canned or fresh)
1 cup natural applesauce (no sugar added)
¼ cup oil

CLAIRE'S ALLERGY-FREE PUMPKIN GINGERBREAD MUFFINS



GLUTEN-FREE
EGG-FREE
DAIRY-FREE

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GLUTEN-FREE
EGG-FREE
DAIRY-FREE

1. Preheat oven to 350°.
2. Beat spread and brown sugar until light and fluffy - 3 minutes.
(It will look wetter than traditional butter.)
3. In a large bowl, mix together dry ingredients: flours, spices, baking powder, baking soda, salt and xanthan gum.
4. Mix pumpkin and applesauce into the spread and sugar.
5. Add flour mixture to spread and mix well to combine.
6. Divide into mini-muffin tins sprayed with nonstick spray.
7. Bake 15 minutes until puffed and set. Cool completely on wire rack.
(Or eat them warm with a little spread and agave!) :)



Keep in fridge in airtight container. We microwave them a few seconds and eat with spread and agave. I also freeze half the batch and they thaw well!

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