

French Toast Muffins

Ingredients:

- 1 cup gluten free flour
- 1/2 tsp xanthan gum
- 1/4 cup sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp powdered cinnamon
- 1/4 tsp ground nutmeg
- Dash of salt
- 2 eggs
- 1/2 cup almond milk + 1/2 tsp lemon juice
- 1/2 tsp maple extract
- 2 Tbsp melted non-dairy butter

- 3 Tbsp pure maple syrup
- Confectioners' sugar for dusting



Directions:

1. Preheat the oven to 400°F. Spray top only of muffin pan. Line 6 muffin cups with muffin liners.
2. Combine almond milk and lemon juice, let sit 5-10 minutes.
3. In a large bowl whisk together flour, sugar, baking powder, baking soda, cinnamon, nutmeg, and salt.
4. In another bowl, whisk together the “buttermilk”, maple extract, eggs and melted butter. Add to dry ingredients and stir until just mixed.
5. Divide batter equally among prepared muffin cups. Bake until golden and toothpick inserted into center of muffin comes out clean, 12 to 15 minutes.
6. Use a toothpick to poke holes in the muffin tops and gently spoon or brush maple syrup onto each muffin. Dust with confectioners' sugar and serve.