

# Gluten Free, Sugar Free Sunshine Muffin

Number of Servings: 12

Prep Time: 10 minutes

Cook Time: 20 minutes

## Ingredients

2 whole seeded oranges

1/4 cup water

1 egg or egg replacer 1Tbsp ground flax 3 Tbsp water mix well let rest

1/3 cup unsweetened apple sauce

1 cup Bob's Red Mill Gluten Free Flour

2/3 cup gluten free rolled oats

3/4 cup sugar free dry sweetener (Krisida's Monk Fruit 1:1 is what I used)

1 tsp sea salt

1 tsp baking soda

1 tsp baking powder

1/2 cup nuts and raisins (optional)

## Instructions

Wash oranges (remove seeds) and trim ends. If you prefer less rind, then cut off the rind of one of the oranges and use just the inside juicy flesh portion. Cut oranges into 4 sections and add to a blender or food processor. Add in the water, egg and apple sauce. Purée until smooth.

Place all dry ingredients into a bowl and whisk. Add the orange mixture and stir well.

Scoop into 12 parchment lined muffin tins. Because this recipe has no added fat you may want to use a baking spray to prevent sticking.

Bake in 350F oven for 20 minutes. Let cool 10 minutes. Store in an air tight container for up to 3 days or refrigerate.

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