



Chef Charity

# Free-From Muffin Workshop Gluten Free, Allergy Friendly



The Allergy Chef

## Breakfast Berry Muffins Recipe Gluten Free, Vegan, Top 9 Allergy Free Brought to you by Chef Charity | ChefCharity.com

### Allergy Status

**Free From:** Wheat/Gluten, Dairy, Soy, Peanut, Fish, Shellfish, Sesame, Alliums, Apple, Avocado, Banana, Beans & Lentils, Buckwheat, Celery, Cruciferous, Garlic, Legume, Lupin, Mushroom, Mustard, Nightshade, Oat, Onion, Pea & Pea Protein, Potato (Nightshade Variety), Poultry, Red Meat, Rice, Seeds, Squash & Gourd, Strawberry, Sweet Potato & Yam, Tapioca/Cassava/Yuca/Manioc, Tomato, Yeast

Makes 12 regular size muffins - Bake at 400 degrees in prepared muffin pans. (I suggest foil lined baking liners to help keep moisture in)

### Blend dry ingredients:

- 1 lb 4 oz (2 1/2 cups) GF Flour Blend of Choice
- 2 T. Baking powder
- 2 1/2 t. Cinnamon (or other spice blend -- Penzy's cake spice or apple pie spice are really yummy)
- 1/2 t. Salt

### In a separate bowl, combine:

- 2 T. Vanilla Bean Paste
- 10 oz Dairy free butter (1 stick plus 2 oz)
- 1 1/3 cup Canned coconut milk (works best but the carton kind is fine also) 10 oz (1 1/3 cup) sugar
- 2 large eggs

### Directions:

Fold 2 mixtures in together and 1 1/4 c fresh fruit (blueberries, diced strawberries, raspberries) using NO MORE than 10 strokes

Scoop into muffin pan, lined with muffin/cupcake liners, sprinkle generously with streusel (recipe below), and bake 15-17 min.

### Streusel Ingredients:

- 1 1/2 cups flour
- 3/4 cup brown sugar
- 1 t. Cinnamon
- 1/8 t. Salt
- 1/2 cup (1 stick) cold Dairy Free butter







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## Streusel Directions:

Put all ingredients into a small bowl, cut the cold butter into all the dry until a nice crumbly mixture. Sprinkle on top of muffins before baking.

## Fresh Cherry Preserves:

2 lbs fresh cherries, pitted & quartered 1/2 cup sugar

1 t. Lemon zest

1/8 t. Ground cloves

## Preserves Directions:

Cover & cook all in a small saucepan on medium low heat, until cherries release their juices, sugar is dissolved and mixture simmers. Stir occasionally. Uncover and cook until thickened. Transfer to small bowl, cool, cover and refrigerate. Good for 1 week.







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## Double Chocolate Muffin Recipe

### Gluten Free, Vegan, Top 9 Allergy Free, Corn Free

**Brought to you by RAISE.TheAllergyChef.com**

### Allergy Status

**Free From:** Wheat/Gluten, Dairy, Egg, Soy, Tree Nut (including Coconut), Peanut, Fish, Shellfish, Top 8 Allergens, Sesame, Alliums, Apple, Avocado, Banana, Beans & Lentils, Berries, Buckwheat, Cane/Refined Sugar, Celery, Citrus, Corn, Cruciferous, Garlic, Legume, Lupin, Mushroom, Mustard, Oat, Onion, Pea & Pea Protein, Poultry, Red Meat, Rice, Squash & Gourd, Strawberry, Sweet Potato & Yam, Tapioca/ Cassava/Yuca/Manioc, Tomato, Yeast

**Friendly To:** Diabetic, EOE, Vegan

### Ingredients

- » 180g Organic Maple Sugar
- » 90g Sorghum Flour, superfine
- » 55g Organic Cacao
- » 50g Potato Starch
- » 40g Organic GF PP Oat Flour **OR** Tiger Nut Flour ([tuber NOT a nut](#))
- » 30g Arrowroot
- » 4 tsp Baking Powder
- » 1 tsp Sea Salt
- » 1/2 tsp Baking Soda
  
- » 3 TBSP Chia Meal + 9 TBSP Water
- » 200 mL Milk of Choice (3/4 cup)
- » 50 mL Extra Virgin Olive Oil (1/4 cup)
- » 2 tsp Organic Vanilla Extract
- » 3 ounces Hot Water
- » Chocolate Chips of Choice

### Directions

Start by combining your chia meal and water together in a small bowl, and set aside. Next, place all of the dry ingredients into a mixing bowl and lightly mix to combine. For this recipe, we used a stand mixer with the wire attachment.







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With your mixer on the low setting, pour in your milk and vanilla. Once it's mostly combined, add oil and continue to mix. When the oil has been incorporated, turn your mixer off and add the chia gel. Mix again until it's combined. Finally, add the hot water, then mix on high speed for 30 seconds.

Line a muffin pan, and scoop in a bit of batter into each liner (we used a medium cookie dough scoop approx 1.5 TBSP). Sprinkle in a few chocolate chips, then cover with more batter to properly fill the muffin pan. Place a few chocolate chips on top of each muffin as well.

Bake at 325 for 20 - 26 minutes. A toothpick should come out mostly clean when your muffins are ready. Whilst our muffins baked for 24 minutes, each oven will vary a bit. Allow the muffins to cool IN the pan for 10 minutes, then remove them from the pan. You can continue to cool, or serve warm.

For best storage results, we recommend freezing any leftovers, and thawing on the counter-top when you'd like to serve them. These take about 90 minutes to thaw.

