



## Flax Kernel Muffins

(Gluten Free)

1/3 cup brown sugar  
2 tbsp. shortening  
2 eggs  
2/3 cup brown rice flour  
1 tbsp. tapioca flour  
2 tbsp. potato starch flour  
2 tsp. baking powder  
1/4 tsp. xanthan gum  
3/4 cup milk  
1/2 cup **Natunola® health's delight**  
**Shelled Flax Kernel**  
1 tsp. grated orange peel



Preheat oven to 350°F. Grease 8 muffin cups well.  
Cream together the sugar and shortening. Add eggs, beating after each one. Sift the flours together with the baking powder and xanthan gum and add to the egg mixture alternately with the milk. Stir in the Natunola® health's delight Shelled Flax Kernel and grated orange peel last.

Bake in prepared tins for 20 to 25 minutes. Makes approximately 8 muffins

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