

Triple Orange Muffins

½ cup (small container) coconut milk yogurt
1 cup orange juice, divided
1 teaspoon vanilla
¼ cup grapeseed or canola oil
2 flax eggs
2 carrots, coarsely grated
zest of one orange
⅓ cup granulated sugar
¼ cup brown sugar, packed
¾ cups sorghum flour
¼ cup tapioca flour
1 cup rice flour blend*
¼ teaspoon xanthan gum
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon baking soda
½ cup golden raisins
½ cup chopped pecans or walnuts
1 tablespoon turbinado sugar, for decoration

Heat oven to 400°F. Lightly grease and flour muffin cups or line with paper or foil liners.

Make the flax eggs by mixing 2 tablespoons flax with 6 tablespoons warm water.

In bowl combine (whisking them together) yogurt, ¾ cup of the orange juice, vanilla, and flax eggs. Add the grated carrots and orange zest. Stir together.

In separate bowl whisk together sugars, flours, xanthan gum, baking powder, salt and baking soda until combined.

Add the wet ingredients to the dry a little at a time mixing gently by hand until the batter comes together. (Add remaining orange juice a tablespoon at a time if the batter seems too stiff.)

Gently fold in walnuts and raisins. Spoon into muffin cups.

Sprinkle muffins with chopped walnuts and turbinado sugar.

Bake 20-25 minutes.

Makes about 10 large muffins.

*I used Authentic Foods Multi-Blend Flour which has xanthan gum as an ingredient. If you use another flour blend be sure it has xanthan gum in it or increase the xanthan gum in the recipe in proportion to the amount of flour your substituting (about ¼ to ⅓ teaspoon xanthan per cup of flour).