

- 1 c. buckwheat flour** [Edit](#) [Delete](#)
- 1 c. quinoa flour** [Edit](#) [Delete](#)
- 3/4 c. amaranth flour** [Edit](#) [Delete](#)
- 2 tbsp. tapioca starch** [Edit](#) [Delete](#)
- 1/2 tsp. xanthum gum** [Edit](#) [Delete](#)
- 2 1/4 tsp. baking soda** [Edit](#) [Delete](#)
- 1 tsp. vitamin C crystals** [Edit](#) [Delete](#)
- 1/2 tsp. sea salt** [Edit](#) [Delete](#)
- 1 c. water** [Edit](#) [Delete](#)
- 1/3 c. canola oil** [Edit](#) [Delete](#)
- 1/2 c. pure maple syrup (or honey)** [Edit](#) [Delete](#)
- 1 1/4 c. fresh or frozen Saskatoon berries** [Edit](#) [Delete](#)

[Add Ingredient](#)

Pre-heat oven to 375 F. Oil muffin tin with vegetable oil.

Sift and mix dry ingredients in a bowl. In a separate small bowl, whisk water, oil and sweetener. Pour liquids into dry ingredients and mix until combined. Take care to not over mix. Fold in Saskatoon berries. Spoon into muffin tins until cups are 3/4 full. Bake 15-17 minutes, until lightly browned, and a toothpick inserted in the centre comes out clean. Cool in pan on rack for 5 minutes. Remove from pan and cool completely. [Edit](#)

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