

SWEET SPELT BISCUITS

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| 2-1/2 c. spelt flour | 2/3 c. soy, rice or goat's milk |
| 1/4 tsp. sea salt | 1-1/2 tbsp. maple syrup or honey |
| 3/4 tsp. cream of tartar | 1 tsp. nutmeg |
| 1-1/2 tsp. baking soda | 1 tsp. cinnamon |
| 1/3 c. cold butter
(or dairy-free substitute) | |

Preheat oven to 400 F. Grease or spray baking sheet.

In a bowl combine dry ingredients. Carefully cut cold butter (or substitute). In a separate measuring cup combine milk and maple syrup. Slowly add liquid, mixing until dough is pliable. Spoon into 6 equal amounts on baking sheet. Sprinkle tops with nutmeg and cinnamon. Bake 10 minutes or until lightly browned.



CINNAMON CARROT MUFFINS

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| 6 tbsp. ground flax seeds | 2 tbsp. fresh lemon juice |
| 1-1/2 c. boiling water | 2 to 4 tbsp. ground cinnamon |
| 1-1/2 c. brown rice flour | 1-1/2 c. raisins |
| 1-1/2 c. buckwheat flour | 1 tsp. sea salt |
| 1-1/2 tsp. baking soda | 1 c. applesauce |
| 1 c. olive oil | 2 tbsp. vanilla extract |
| 4 c. coarsely grated carrots | 1 tbsp. stevia (optional) |
| 2 c. rice milk | |

In a large bowl stir together ground flax seed and boiling water and let sit for 5 minutes. Add flour, rice, milk, baking powder and olive oil. Whisk for 5 minutes. Stir in other ingredients.

Pour into paper baking cups. Bake at 350 F for 30-35 minutes or until top browns. Do not over-cook or they will be dry.

(Note: Can use all brown rice flour instead of buckwheat flour).

** No gluten, dairy, egg, or soy!