

## GF/CF Tropical muffins

Mix together and set aside:

2 C brown rice (or flour of your choice)

2 C coconut flour

2 † xanthan gum

2 T baking powder

$\frac{1}{2}$  C sugar

2 † sea salt

Mix together in a separate bowl:

1 cup crushed pineapple

$\frac{1}{2}$  C pineapple juice

4 eggs

1 C coconut milk (or milk of your choice)

2 C mashed bananas

1 C mashed peaches (we used frozen)

1 C shredded coconut

$\frac{1}{2}$  C melted coconut butter (or butter of your choice)

2 T vinegar (I used cider)

Add tropical mix to dry mix and blend together. Butter muffin pans or papers and fill  $\frac{1}{2}$  full with batter. Bake at 350° for approximately 20 minutes - until tops are brown and toothpick inserted into center comes out clean. These freeze well so make a double batch!

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