
No Grain No Dairy Muffins

This recipe leaves out all allergenic foods and those that are damaging to our intestines. For those with Crohn's Disease, Ulcerative Colitis, and Celiac Disease, leaving grains and dairy out of the diet is an excellent way to allow your gut to heal itself. These no grain, no dairy muffins allow you a treat to satisfy your cravings for a bread-like product.

- 2 ½ cups ground nuts (blanched almonds, pecans, or walnuts)
- ¼ cup melted butter or ghee, or olive oil
- ¼ cup honey (warm and runny) (or maple syrup)
- ½ tsp baking soda
- 3 eggs
- 1/8 tsp unrefined sea salt
- 1 cup unsweetened applesauce or apple butter, grated wet veggies like carrots, zucchini, or mashed bananas, blueberries, etc.

Combine all ingredients to make batter. Grease tin or use muffin paper cups to line muffins tin. Fill half full with batter. Bake at 325°F for 15-20 minutes until spring back when pressed. Makes 12 muffins.

Adapted from Elaine Gottschall, *Breaking the Vicious Cycle*.

Nutritional Value

Almonds –called the king of nuts because they are high in calcium, potassium, magnesium, phosphorus, folic acid, EFA's, and protein. Loaded with phytonutrients, they are called the anti-cancer nut.

Olive Oil – high in monounsaturated fats, olive oil has cholesterol-lowering benefits and helps to control blood pressure and diabetes.

Honey –contains vitamins, minerals, and propolis. A whole food, honey is an excellent replacement for brown or white cane sugar, which is detrimental to our health. Any sweetener should be eaten in moderation, but when you do need to sweeten, try honey instead.

Eggs– A perfect food (you can make a whole chicken out of them!) eggs contain protein, unsaturated fats, vitamin A, calcium, iron, phosphorus, zinc, and are quite low in calories.

Apples – very high in fibre, help detoxify the body, stabilize blood sugar, and protect against the effects of radiation. They are high in many vitamins and minerals.