

# GOOD SAINT

## Grain-Free Strawberry Rhubarb Muffins

### INGREDIENTS

1 cup almond milk  
1 teaspoon apple cider vinegar  
1 cup almond flour  
1 cup teff flour  
2 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1/3 cup sugar or maple syrup (for richer muffins)  
1/4 cup + 2 tablespoons coconut oil  
1 teaspoon vanilla  
1 cup frozen strawberries, halved (or use fresh!)  
1 cup frozen rhubarb (or use fresh!)



### DIRECTIONS

In a small bowl combine the almond milk and vinegar to curdle. Set aside.

In a large mixing bowl, combine the almond and teff flours, baking soda, baking powder, and salt. Form a well in the center of the dry ingredients and set them to the side. In a separate, smaller mixing bowl whisk together the coconut oil, vanilla, and milk mixture.

Pour the wet ingredients into the well in the dry ingredients, then whisk the entire mixture together until just mixed. Fold in the fruit (fresh or frozen!) and scoop the mixture evenly into prepared muffin tins. Bake at 350 degrees for 25-30 minutes, or until an inserted toothpick pulls clean. Enjoy!

### NOTES

Makes 12 muffins.

Let muffins cool completely before serving!

Berries and rhubarb weren't exactly in season when we filmed, so we subbed frozen fruit instead. Fresh fruit works great here, too!