**Recipes from WayfaringTraveler.com**

**Gluten-Free Gingerbread Muffins:**

*Use organic ingredients:*
2 eggs
1/2 c Sucanat or honey
1/3 c cold-pressed sunflower or sesame oil
1+ c kefir or yoghurt or buttermilk or almond milk
Sprinkle of Himalayan or "Real Salt"

**In separate bowl:**
2 c G-F flour
1 tsp xanthan gum (if not in flour mix)
1 tsp cinnamon
2+ tsp ginger if gingerbread
1/2 tsp cloves
1-2 Tbs Lewis Labs (G-F) Brewer's Yeast
2 tsp Hain Featherweight (G-F) baking powder
1/2 tsp baking soda (if you've used kefir/yoghurt/buttermilk)

**Mix dry into wet; add:**
1/2 c raisins or chopped apricots or Tibetan GojiBerries
1/2 c walnuts or pecans or sunflower seeds (if no diverticulitis)
if gingerbread: 1/3 c chopped crystallized ginger
 **Bake 25-30 min. at 400 degrees**