

Gluten-Free Savory Sweet Potato Muffins

- ¾ cup buckwheat flour*
- ¾ cup garbanzo flour or Non-GMO cornmeal
- 2 tbsp. tapioca flour or starch
- 2 tsp. Non-GMO, aluminum-free baking powder**
- ½ tsp. baking soda
- ½ tsp. Celtic sea salt or Pink Himalayan Salt
- 1 tsp. dried rosemary or 1 tbsp. fresh, finely chopped
- 1 tsp. dried parsley or 1 tbsp. fresh, finely chopped
- 1 tbsp. nutritional yeast (optional)
- 1 cup sweet potato puree
- ⅓ cup unsweetened non-dairy milk (I used almond)
- 2 tbsp. lemon juice***
- 1 tsp. Coconut Aminos or Braggs Liquid Aminos
- 2 tbsp. pecans, chopped finely (optional for the top)

Instructions:

1. Preheat the oven to 350°F.
2. In a large bowl, place all the ingredients in the order listed, except the pecans. Stir well to combine.
3. Lightly oil or line a muffin tin and fill each muffin hole to the top with batter. (I ended up with 9 muffins, but this can vary).
4. Sprinkle a little chopped pecans on top of each muffin.
5. Bake for 22-25 minutes or until a toothpick inserted into the middle comes out clean.
6. Let cool for about 10 minutes before removing them from the pan.
7. Store leftovers in the fridge or freezer and reheat as needed.

Tip: Change the herbs used to get different flavor profiles.

**If there is no gluten sensitivity, substitute the buckwheat for regular oat flour or you could use gluten-free oat flour.*

***I used the Rumford brand.*

****The lemon in this recipe neutralizes the very alkaline baking soda. For the sake of your health **do not leave it out. Note.** ½ tsp. baking soda is neutralized by 1 tbsp. lemon juice.*

