

## Recipe – Dr. Camo’s Gluten-free Muffins

### Ingredients:

- 2 organic eggs
- 1 cup organic milk, soy milk or orange juice
- 1 tsp vanilla
- 1 tsp tamari or liquid aminos
- 1 tsp blackstrap molasses
- ¼ tsp stevia powder or liquid
- ½ tsp tsp cinnamon
- 1 cup oat bran
- ½ cup gluten-free baking mix
- ½ cup shelled hempseed
- ¼ cup soy or whey protein powder
- 1 ½ tsp baking powder
- ½ cup dried cranberries, blueberries, raisins or currants
- ¼ cup walnuts or other nuts, chopped

### Directions:

Mix together eggs, milk, vanilla, tamari, black strap molasses and stevia

In a separate bowl, mix together cinnamon, oat bran, gluten-free baking mix, hempseeds, protein powder, and baking powder, dried fruit and chopped nuts

Combine the dry and wet ingredients

Divide into 12 portions in a muffin tin sprayed with cooking spray or lined with paper liners

Bake at 350 degrees for 30 minutes