

# Gluten-Free Mixed Berry Breakfast Muffins



By: Arts & Crackers (artscrackers.com)

Preheat oven: 350°F

Time cook: 23-25 mins

Makes: 12 muffins

## Ingredients

- 1 ½ cup gluten-free flour
- 1 ¼ teaspoon xanthan gum
- 1/8 teaspoon salt
- 1 teaspoon baking soda
- 1 ripe banana, mashed
- 1 egg
- 2 cups vanilla Greek yogurt
- 1/8 cup plus 1 Tablespoon honey
- 2 Tablespoons finely-minced strawberries (frozen)
- 3-4 drops wild orange essential oil
- ¼ cup chopped blackberries (frozen)
- ¼ cup chopped raspberries (frozen)
- ½ cup blueberries (frozen)
- 3 Tablespoons old-fashioned oats
- 1 ½ teaspoons chia seeds

## Directions

1. In a medium bowl, whisk together the gluten-free flour, xanthan gum, salt, and baking soda.
2. In a separate bowl, combine mashed banana, egg, yogurt, honey, strawberries, and essential oils.
3. Mix together the wet and dry ingredient mixtures just until wet; be careful not to over-mix or you will end up with some dense muffins.
4. Gently fold in the rest of the mixed berries.
5. Divide the mixture into a lightly-greased muffin tin. Each cup will be about 3/4 full.
6. Sprinkle oats and chia seeds onto the tops of the muffins. If desired, you can add a little sugar here if you need them slightly sweeter--just sprinkle a little granulated sugar on the tops of the muffins. I preferred mine with less sugar (I tried it both ways), so I don't add any extra.
7. Bake 23-25 minutes until cooked through and an inserted toothpick comes out clean.
8. Once the muffins are finished cooking, let them cool mostly in the pan then loosen the sides with a butter knife and move them onto a cooling rack.

Use regular all-purpose flour in place of gluten-free and remove the xanthan gum for regular muffins. Go egg-free by replacing the egg with a flax egg. Go vegan by replacing the egg and substituting dairy-free yogurt for the Greek yogurt and agave syrup for the honey. Use sugar-free yogurt for less sugar. If you do not have orange essential oil, try substituting with a teaspoon or so of orange extract or grating in some orange peel.