

tochondria.

## **5-MINUTE GLUTEN-FREE, DAIRY-FREE PALEO ENGLISH MUFFINS**

---

BY LISA STIMMER

SERVES 2

- 1 egg or 2 egg whites (for a less eggy flavor)
- 1 tablespoon oil (melted coconut, almond, avocado, or grapeseed) or ghee, melted
- 1 tablespoon real maple syrup or agave nectar
- 2 tablespoons water
- ½ teaspoon vanilla extract
- ¼ teaspoon sea salt
- 3 tablespoons almond flour\*
- 1 tablespoon coconut flour or almond flour
- 1 tablespoon psyllium husk powder or flakes
- ¼ teaspoon baking powder
- Pinch of ground cinnamon (optional)

1. Whisk together the egg, oil or ghee, syrup or nectar, water, vanilla, and sea salt in a mixing bowl.

2. Add the flours, psyllium, and baking powder. Whisk until fully incorporated.

3. Transfer the mixture into 2 greased microwavable 3"-round ramekins. Microwave for 3 minutes on high. Remove from the ramekins, slice the muffins in half, and toast for 2 minutes.

\*For a nut-free option, replace the almond flour with 3 tablespoons more coconut flour.

Note: Another option is cinnamon raisin English muffins. Just add ¼ teaspoon ground cinnamon and 2 tablespoons raisins or Craisins to the recipe.

### BRAIN BENEFITS

**Eggs** contain choline, which is required to make the essential components for all membranes and plays an important role in brain and memory development.

Recipe