

## Red Currant Muffins, Gluten Free

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VP balancing , K in moderation

A good friend of mine shared these gorgeous local red currants from her CSA (Community Sustainable Agriculture). I love using seasonal, fresh, local ingredients, when nutrients (prana) and flavors are at their peak.

In this recipe I'm using local eggs from [Schmitt Farms](#) located in Baltimore OH. These gorgeous eggs are high in prana and it shows the color of the shells and yolk.

I tend to find muffins heavy and leaving me feeling sluggish after I eat them. I created this recipe using ingredients such as coconut yogurt, to balance the heavy-grounding qualities of baked goods. Please see the notes below for alternative ingredients.



### Wet Ingredients:

5 oz. of [Culina Plain Coconut Yogurt](#) (or any good quality, no sugar coconut yogurt) \*

Lemon zest from a whole lemon

3/4 cup coconut sugar\*

3 large local eggs plus 1 small egg, set out at room temperature for 30 minutes

2 teaspoon of real vanilla extract

1/2 cup melted coconut oil (or sunflower oil, or ghee)

### Dry Ingredients:

1 1/2 cup + 1 Tablespoon Gluten Free All Purpose Flour \*

2 teaspoon baking powder

1/4 teaspoon Himalayan **finely** ground salt (or any other mineral salt)

Pinch of each spice: ground cinnamon, ground cardamom, ground ginger\*

1 pint of local red currants (about 1 1/2 cups)\*

## Instructions

1. Preheat oven to 350 degrees. Line 12-hole muffin pan with large unbleached baking cup\*
2. In a small bowl, mix together your dry ingredients, and set it aside.
3. In a large mixing bowl, add coconut yogurt, coconut sugar, and zest from 1 lemon, mix with a hand blender until well mixed.
4. Next add the coconut oil, vanilla extract, and eggs. On low speed beat until well incorporated.
5. Now add your dry ingredients to the large bowl containing the wet ingredients, mix just until the flour is incorporated.
6. Add the red currents and fold gently into the batter with a rubber spatula.
7. Evenly distribute the batter into the 12 muffin pan holes.
8. Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
9. Remove from oven and allow the muffins to cool in the muffin pan for 5 minutes, then place the muffins on a wire cooling rack to finish cooling.
10. Enjoy!

### \*Notes:

- Coconut yogurt: If you are balancing primarily Vata dosha, try using plain Greek yogurt.
- Coconut Sugar: I like using coconut sugar especially in the summer since it balances Pitta dosha. Coconut sugar has more nutrients since it is not processed as white or brown cane sugar. Alternatives are Sucanet, Rapadura or Jaggery-all are a form of dehydrated cane juice. If you only have access to white cane sugar, try using 1/2 cup.
- Gluten Free All Purpose Flour: My go to is Trader Joe's Gluten Free All Purpose Flour since it does not have any xanthan gum or guar gum, which are thickening agents. Some people, like myself, have a sensitivity to gums. Trader Joe's Gluten Free All

Purpose Flour ingredients are “whole grain brown rice flour, potato starch, rice flour, tapioca flour”

- Here is a link to other gluten free flours without gums : *Something to Chew On: Gum-Free Flour Blends* : <https://www.glutenfreeliving.com/gluten-free-foods/ingredients/gum-free-flour-blends/>
- Spices: cinnamon, ginger, cardamom are all great tasting and also help to support digestion.
- Red Currants: great source of antioxidants such as vitamin C and manganese. Antioxidants protect the body from the effects of oxidative stress, supporting and strengthening the immune system. Great for digestion and alleviating constipation. Red currants have an affinity to the skin relieving certain skin ailments such as eczema and acne.
- Red Currant resources :
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5427773/>
  - <https://draxe.com/nutrition/currants/>
- Schmitt Farms : [https://m.facebook.com/SchmittFarms2013/?ref=page\\_internal&mt\\_nav=0](https://m.facebook.com/SchmittFarms2013/?ref=page_internal&mt_nav=0)
- Culina Yogurt : <https://www.culinayogurt.com>

