

# Organic Lemon Camp Muffins

(w/ gluten-free options)

Here's what you'll need:

- 2-1/2 C Organic White Flour (**if you choose to use ALL gluten free blend below, add 1-1/2 tsp guar gum to hold together**)
- 1-1/2 C Mama's Brand, Coconut Gluten- Free Flour Blend
- 2 C Organic Evap. Cane Juice Crystals (Sugar)
- 1 tsp Himalayan Sea Salt
- 4 tsp Baking Powder
- 4 Eggs
- 1C Organic Sunflower Oil
- 35 drops quality lemon Essential Oil (we use Doterra, or Revive brands)
- 1 Cup Raw Milk

## **To begin:**

Mix together flours, sugar, sea salt and baking powder in a bowl.

## **Next:**

Make a well in the center of the dry ingredients and drop in eggs. Take a fork and lightly whisk eggs while setting on dry mixture.

## **Pour:**

Oil, milk and essential oil on eggs.

## **Stir:**

together with a fork, just until blended. Some flour will not be stirred in all the way, but mostly. (that's how you want it)

Scoop into muffin cups. Bake at 400 degrees for 15 min -regular muffin cups, 20 -22 min - large muffin cups.

Cool and serve.

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