

# Gluten Free Buckwheat, Millet, Almond Pulp Fruit Muffins

This is a great way to use almond pulp left over from making almond milk.

## Categories

Gluten-free

Yields: 12 servings

Preparation time: 15 mins

Cooking time: 30 mins

Category: Snacks and Bread



## Ingredients

Almond flour	1/2 cup
Buckwheat flour	1 cup
Millet flour	1 cup
Baking powder	2 teaspoons
Salt, sea salt	1 dash
Almond milk, home made	3/4 cup
Apple sauce (canned, unsweetened)	2/3 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Almond butter, unsalted	1 tablespoon
Blueberries, frozen, unsweetened	1/2 cup
Strawberries, frozen, unsweetened	1/2 cup
Coconut oil	1 tablespoon

## Instructions

Note - The database currently has no food item for almond pulp so I chose almond flour which can also be used as an alternative. Otherwise just use the amount of almond pulp that remains from 1 cup of soaked almonds.

Preheat oven to 350 F.

1. Mix all dry ingredients in a large bowl.
2. Mix wet ingredients in a smaller bowl including almond milk (or substitute), apple sauce, ripe squished banana and almond butter.
3. Add wet ingredients to dry ingredients and stir until combined but do not over mix. Gently stir in fruit.
4. Coat 12 muffin cups with coconut oil and evenly fill with mixture. Cook at 350 degrees Fahrenheit for 30 - 35 minutes.