**Recipes from WayfaringTraveler.com**

**Gluten-Free Gingerbread Muffins:**  
  
*Use organic ingredients:*  
2 eggs  
1/2 c Sucanat or honey  
1/3 c cold-pressed sunflower or sesame oil  
1+ c kefir or yoghurt or buttermilk or almond milk  
Sprinkle of Himalayan or "Real Salt"  
  
**In separate bowl:**  
2 c G-F flour  
1 tsp xanthan gum (if not in flour mix)  
1 tsp cinnamon  
2+ tsp ginger if gingerbread  
1/2 tsp cloves  
1-2 Tbs Lewis Labs (G-F) Brewer's Yeast  
2 tsp Hain Featherweight (G-F) baking powder  
1/2 tsp baking soda (if you've used kefir/yoghurt/buttermilk)  
  
**Mix dry into wet; add:**  
1/2 c raisins or chopped apricots or Tibetan GojiBerries  
1/2 c walnuts or pecans or sunflower seeds (if no diverticulitis)  
if gingerbread: 1/3 c chopped crystallized ginger  
 **Bake 25-30 min. at 400 degrees**