

SCD English Muffins



Makes:

Two halves

Ingredients:

- ¼ cup almond flour
- 1 Tablespoon coconut flour
- ¼ teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg white
- ½ teaspoon coconut oil
- 2 Tablespoons hot water

For a cinnamon raisin version, add these ingredients:

- ¼ teaspoon cinnamon
- ½ Tablespoon honey
- 1 ½ Tablespoons raisins

Instructions:

1. Mix dry ingredients together in a small ramekin or other microwave-safe bowl.
2. Add wet ingredients and mix well.
3. Microwave for two minutes.
4. Slice in half and toast until golden brown.
5. Serve with butter or homemade jam, peanut butter – or any other SCD-legal spread! This would work great for an egg, bacon & cheese breakfast sandwich or BLT.

(Adapted from: RunningToTheKitchen.com)

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