



The Dairy-Free Kitchen: 100 Recipes for all the Creamy Foods You Love--Without Lactose, Casein, or Dairy

By Ashley Adams

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While 4% of the population suffers from diagnosed lactose intolerance, it is estimated that a staggering 50 million Americans suffer from some degree of dairy intolerance/allergy. Moreover, recent research has linked milk protein (casein) to cancer and autoimmune illnesses and found evidence that our bodies quit making the enzymes necessary to digest milk as we age--thus setting up those who consume a dairy-rich diet for IBS, allergies and other autoimmune and digestive difficulties. Dairy has become the "new gluten"--something that people are realizing needs to be minimized in our diet whether they have a formally diagnosed allergy or not. *The Dairy-Free Kitchen* contains 100 delicious recipes for the foods you love without the dairy. It also provides you with a wealth of information on weeding out hidden dairy in everyday foods and getting adequate levels of calcium and minerals from a dairy-free diet. Going dairy-free isn't as complicated as you think. You can do it! *The Dairy-Free Kitchen* will help.

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Blueberry Cornmeal Muffins

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Blueberry Cornmeal Muffins

These light, bright muffins are dairy free, gluten free, and soy free, which makes them wonderful for serving larger groups with varied diets. You can make 12 standard-size muffins, or use a mini muffin tin to yield 24 mini muffins—just reduce your baking time to 12 minutes. Xanthan gum is available at health food stores, specialty stores, and online.

Directions

Preheat the oven to 325°F (170°C, or gas mark 3). Line a standard 12-cup muffin tin with paper liners. Make the batter. In a medium bowl, combine the gluten-free flour, cornmeal, baking powder, xanthan gum, baking soda, salt, and ground cinnamon. Create a well in the center of the dry ingredients and add the oil, light brown sugar, eggs, maple syrup, and almond milk or coconut milk. Mix until well combined. Gently fold in the blueberries with a spatula until they are evenly distributed throughout the batter. Portion the batter into the prepared muffin tin, filling each liner about three-quarters full. Bake for 20–22 minutes, or until the top of the muffin springs back slightly when touched. Cool muffins in the pan for 15–20 minutes before transferring them to a wire cooling rack to cool completely. Serve warm or at room temperature.

Yield: 12 muffins (24 mini muffins)

Ingredients

- 13/4 cups (200 g) all-purpose gluten-free flour

- 1/2 cup (70 g) gluten-free cornmeal
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon xanthan gum
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2/3 cup (156 ml) canola oil or olive oil
- 1/3 cup (75 g) packed light brown sugar
- 3 large organic eggs
- 1/2 cup (120 ml) maple syrup
- 2/3 cup (160 ml) unsweetened almond milk or coconut milk
- 1 cup fresh (145 g) or frozen (155 g) blueberries

About the Author

Ashley Adams is the dairy-free cooking expert for About.com. She has worked in many aspects of the dairy-free food industry, from catering, to recipe development for restaurants, to teaching classes on vegan/vegetarianism and dairy-free cooking. Ashley has been dairy-free for over a decade and knows first-hand the struggles that come with food restrictions and how to overcome these and still eat nutritiously and deliciously. She currently resides in Anchorage, Alaska with her husband and son where she works professionally as a writer. <http://dairyfreecooking.about.com>

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