

GLUTEN-FREE EGG MCMUFFIN

When you want to eat something with a little bit of protein and all the choices at that PTA meeting are carb-heavy, offer to bring this Gluten-Free Mini Egg McMuffin. Mini sandwiches are great because you can pick them up and eat them in one to two perfect bites. Your sandwiches will be the talk of the meeting.

INGREDIENTS

1/2 cup water, heated to 115-120°F
1/2 cup milk, heated to 115-120°F
1 1/2 teaspoons dry active yeast
1 teaspoon inulin (or coconut sugar)
1 1/4 cups Cup 4 Cup flour
1 teaspoon xanthan gum
1/2 teaspoon baking powder
1 teaspoon salt
1 egg
3 tablespoons unsalted butter, melted butter and cooled
cornmeal
extra Cup 4 Cup flour for rolling out

FILLING

4 eggs
1/4 cup cottage cheese, full fat
1/4 teaspoon salt
avocado oil
8 slices of Canadian bacon, cut into 1-inch circles
6 slices of American cheese, quartered

MAKES 24 MINI ENGLISH MUFFINS

1 In a large bowl add yeast, inulin, milk, and water then whisk. Cover with a tea towel and set aside in warm place for 10 minutes until the mixture becomes frothy on top.

2 In a separate bowl combine the Cup 4 Cup flour, xanthan gum, baking powder, and salt and whisk.

3 Give the yeast mixture a stir and then add the dry ingredients, egg, and cooled butter. Knead the dough in a mixer with a dough hook for a few minutes until the dough comes together. The dough will be very sticky, and you may need to use a spatula to help push the dough into a ball.

4 Cover the dough with a tea towel and place in a warm area for 60 minutes until the dough almost doubles.

5 Sprinkle a cutting board with some flour. Place some dough on the cutting board and sprinkle generously with more flour. Roll out the dough either with a rolling pin or you could press down gently with your hands until the dough is 1/2-inch thick. Using a 1-inch cutter (dip in flour first), cut out circles and place to the side. Scoop of the dough and roll out again until all the dough is used.

6 Heat a cast iron skillet. Sprinkle the dough with a pinch of cornmeal and place in the pan (cornmeal side down). Sprinkle the other side with cornmeal. Cover the skillet and cook for about 1 1/2 to 2 minutes. The steam will cause the muffins to rise. Flip and cook for another 1 1/2 to 2 minutes.

7 Place 4 eggs in a blender with cottage cheese and salt and blend. Heat a non-stick skillet sprayed with avocado oil and pour half the mixture into the pan. Cook for about 2 minutes then flip. Use the remaining egg mixture to make a second omelet. Transfer egg to a cutting board and cut out 1-inch circles.

8 Microwave the Canadian bacon and the cheddar cheese for 20 seconds.

9 To plate use your thumbs or a fork to split open the English muffins. Give them a quick toast then stack the egg, bacon, and cheese on top and cover.

NOTES

- I did not try any other flour blends, but if you don't have Cup 4 Cup try using one that has mostly rice flour, potato starch, and xanthan gum.
- The dough is very sticky so be sure to sprinkle it generously with flour before cutting out.
- Cover and refrigerate the English muffins and eat within 1-2 days. They will deflate a little.



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