



FRENCH TOAST MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 12 slices** **FIXATE Gluten-Free Fresh Bread** (or gluten-free bread of choice) *(see separate recipe for **FIXATE Gluten-Free Fresh Bread**)*
- 6** large eggs, lightly beaten
- ½ cup** unsweetened coconut milk beverage
- 3 Tbsp.** pure maple syrup
- 2 Tbsp.** melted ghee (organic grass-fed, if possible)
- ¾ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground cinnamon
- ¼ tsp.** ground nutmeg
- 1 cup** chopped strawberries

- 1.** Preheat oven to 350° F. Line a muffin pan with muffin papers. Coat with spray.
- 2.** Cut bread into ½-inch cubes. Place in a large bowl; set aside.
- 3.** Whisk together eggs, coconut milk, maple syrup, ghee, salt, cinnamon, and nutmeg.
- 4.** Gently fold bread and strawberries into egg mixture. Let soak 3 minutes, or until fully absorbed.
- 5.** Divide mixture evenly among muffin cups, lightly packing to fill air gaps. Bake for 20 to 25 minutes, or until golden brown and a toothpick inserted into the center of a muffin comes out clean.
- 6.** Serve immediately, or store refrigerated in an airtight container for up to 3 days.

SPECIAL EQUIPMENT:

- 12-cup muffin pan
- Muffin papers/cupcake liners
- Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 143 **Total Fat:** 6 g **Saturated Fat:** 2.5 g **Cholesterol:** 113 mg **Sodium:** 161 mg **Carbohydrates:** 18 g **Fiber:** 1.5 g **Sugars:** 5 g **Protein:** 4 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



GLUTEN-FREE FRESH BREAD^o

SERVES: 10 (1 slice each) **Prep Time:** 5 to 10 min. (+ 30 min. rising) **Cooking Time:** 1 hr. 10 min.

CONTAINER EQUIVALENTS (per serving): 1



- 2** large eggs, lightly beaten
- 1½ cups** warm water
- 1 tsp.** apple cider vinegar
- 2 cups** gluten-free all-purpose flour
- 2½ tsp.** xanthan gum
- 1 tsp.** sea salt (or Himalayan salt)
- 2 tsp.** instant yeast

Special Equipment:

Nonstick cooking spray

- 1.** Preheat oven to 400° F.
- 2.** Lightly coat 2 lb. loaf pan with spray. Set aside.
- 3.** Combine eggs, water, and vinegar in a medium bowl; whisk to blend. Set aside.
- 4.** Place flour, xanthan gum, salt, and yeast in food processor; pulse to blend.
- 5.** With food processor running, add egg mixture to flour mixture; process for 5 minutes.
- 6.** Add batter to prepared pan; smooth top with spatula. Cover and allow to rise for 30 minutes.
- 7.** Uncover pan. Bake for 35 minutes. Decrease oven temperature to 350° F. Bake an additional 30 to 35 minutes, or until golden brown.
- 8.** Remove from oven, cool 5 minutes in pan, then turn loaf out of pan onto cooling rack; allow to cool completely before slicing.

RECIPE NOTE:

Water should be between 110 and 115° F. If it is hotter it can kill the yeast.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 97 Total Fat: 2 g Saturated Fat: 0 g Cholesterol: 37 mg Sodium: 263 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 1 g Protein: 4 g

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