

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

[www.aspireperspirenourish.com](http://www.aspireperspirenourish.com)

---

## Savory Goat Cheese Muffins

Makes 12 small muffins

### *Ingredients:*

1 cup	Sorghum flour
1 cup	Brown rice flour
½ cup	Chickpea flour
1 tsp	Baking powder
½ tsp	Baking soda
1 tsp	Salt
¼ tsp	Pepper
1	Egg
1 ½ cups	Water
3	Green onions, finely chopped
70 g	Goat cheese, crumbled

### *Directions:*

1. Mix flours, baking powder, baking soda, salt and pepper together in a medium bowl.
2. In a separate bowl, lightly beat egg and water. Add to flour mixture and lightly mix.
3. Add green onions and goat cheese and mix until blended.
4. Line muffin tin pan with parchment liners. Divide mixture into 12 equal parts.
5. Bake at 375° F for about 20 to 25 minutes or until golden.
6. Remove from pan and let cool on wire rack.

Great served with chili, soup or stews.