

Gluten-Free Cinnamon Churros

Ingredients:

3 eggs 1 cup of water
½ cup of butter or butter substitute
1/4 tsp of sea salt
1 cup gluten free all-purpose flour
Olive oil 2 Tablespoons Stevia
½ tsp ground cinnamon
½ tsp lemon balm

Instructions: Heat olive oil in pan (depth of 1 ½ inches).to 360 degrees F. Heat butter, water, and salt to a rolling boil in a saucepan: stir in flour. Stir vigorously over low heat for 1 minute; remove from heat. Beat eggs until smooth and then add to butter mixture; keep stirring. Spoon mixture into cake decorators' tube with large star tip. Squeeze 4-inch strips of dough into hot oil. Fry 3 or 4 at a time until golden brown, turning once; about 2 minutes on a side. Drain on paper towels. Mix sweetener and cinnamon in a small paper bag and shake.

Dipping Sauce: Melt 4 ounces of gluten free cacao powder (1/2 cup) to 2 cups rice milk or coconut, almond or cashew milk. Add natural sweetener such as raw honey, stevia, or monk fruit (sweeten to taste.... start with 1 Tbsp of honey, or 1 tsp of Stevia or monk fruit). Add ¼ cup Brown Rice Flour to thicken (dissolve first in ¼ cup of warm rice milk or alternative milk, remove clumps of flour). Corn starch can be used for those not sensitive to corn. Important Note: Avoid corn for Autistic, and choose a favorite dairy-free/chocolate free flavor such as vanilla for a dipping sauce...Try vanilla flavored coconut ice cream. Some brands are sugar-free also!

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