



BUCKWHEAT PETE'S

MUFFIN TREATS



**Easy No Wheat and
Gluten Free Recipes
No Corn, Soy, Milk or Eggs**



PETER de Niverville →

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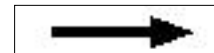
by

Peter de Niverville

**Dedicated to Sarah, Abigail and
Barbara. My faithful taste testers.**

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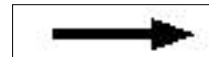


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Disclaimer

No health claims are made for these recipes or for their suitability for any individual. Patients who have celiac disease, wheat allergy or are suffering from any other dietary disease, should consult a qualified health professional before trying these recipes.



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Delight**



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**Chunky
Pineapple**



Rum & Raisin

Buckwheat Pete's Honey 'N Rice Muffins



Banana Pecan



Banana Walnut



**Blueberry
Delight**



Cordial Carrot



**Chunky
Pineapple**



Rum & Raisin

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About the Author

Peter de Niverville is a freelance writer and broadcaster who lives in Riverview, New Brunswick, Canada with his wife, Barbara and their two daughters, Sarah and Abigail. His first book on baking was entitled, “Buckwheat Pete Bakes Pitas & Tea Biscuits.”



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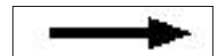
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SUBSTITUTIONS

In any cookbook where the readership has special dietary needs, substitutions are very important.

Some ingredients are used merely for flavor, such as the vanilla extract and rum, while others; such as the applesauce or banana, add moisture and improve the texture of the muffins. Below is a list of suggested alternatives.

Ingredient	Suggested Alternative
Sunflower oil	Safflower oil, canola oil, soy oil (same amount as in recipe)
Vanilla extract	Vanillin or lemon juice (to taste) or 1tsp Vitamin C crystals
Applesauce, banana	Any mashed or pureed fruit: pear, prune, peach etc.
White Rum	(same amount as in recipe) (Optional-omit if necessary)



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