



Heaven & Health

GLUTEN FREE AND DAIRY FREE MUFFINS

Ingredients:

All muffins share the same main ingredients:

A combination of different flours: Chia flour, Brown and White Rice flour, Almond flour, Corn & Organic Flaxseed flour, Tapioca starch, Light Brown Sugar, Organic Blue Agave, Walnut oil, Canola oil, Grape seed oil, Organic Eggs, Almond milk (filtered water, almonds, Evaporated Cane Juice, Calcium Carbonate, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, d-alpha-Tocopherol (natural vitamin E), Zinc Gluconate, Vitamin A Palmitate, Riboflavin (B2), Vitamin B12 & D2), Vanilla Extract (Water, Organic Alcohol, *Fair Trade Certified Vanilla Bean Extractives), Baking Soda, Baking Powder, Sea Salt.

--- Other ingredients (such as Fruits, extracts, etc) may be added for different muffin's flavors.

A friendly tip to keep the muffins fresh:

Heaven & Health muffins are baked with no preservative or any artificial flavors, so they do not last long outside as some other baked goods.

They can be stored in the refrigerator for one week. If you get more than one, please keep them in the Freezer and take them out an hour before having it; or thaw the muffins in the microwave for 15 seconds.

Heaven & Health Muffins are made from a variety of gluten-free flours chosen to offer the highest sources of nutrition.

*The information below are gathered from different reliable resources such as Webmd.com, Google Scholar, and UIUC Library databases (University of Illinois in Champaign-Urbana), just to give you brief information and facts about health benefit of ingredients used for these muffins.

Almond flour:

Almonds are great source of vitamin E & polyunsaturated fatty acids, high in protein, vitamin B, and dietary fiber and can reduce blood cholesterol. Almond flour offers the same health benefits as eating whole Almonds. Almond is one of the safest gluten-free low-carbohydrate flour. Having this super food can take care of your heart, brain, and digestive system.

References:

Jenkins David. "Direct comparison of a dietary portfolio of cholesterol-lowering foods with a statin in hypercholesterolemic participants 1,2,3." *American Journal of Clinical Nutrition*, Vol. 81, No. 2, 380-387, February 2005
Gaby, Alan R. "Almonds Improve Heart Disease Risk Factors." *Townsend Letter*, 334: P 33, May 2011

<http://www.webmd.com/cholesterol-management/features/nuts-help-lower-bad-cholesterol>

<http://www.webmd.com/diet/features/almonds-the-new-power-food>

Flaxseed flour:

Flax seed is rich in omega-3 fatty acid, potassium, calcium, fiber, and antioxidant. Flaxseeds are a good source of vitamin B6, which factors in the maintenance of good health, energy metabolism, and tissue formation. Flaxseed meal and oil promote cardiovascular health, colon health, boost immunity, and aid in healthy skin. It also provides fats needed for brain power. It has benefits in lowering the severity of diabetes by stabilizing blood-sugar levels. Studies show that flaxseed may help fight everything from heart disease to cardiovascular disease, diabetes, inflammation, bone health, immune system, prostate health, women health (e.g., hot flashes, balances hormones), and may help prevent type 2 diabetes.

References:

Goding, David. "The Facts on Flax." *Sunday Mail, The (Brisbane) Post* January 28 2001: pg.026 Print.

Hanson, Christi. "The Super Seed: The Benefits of Flaxseed Are Too Abundant To Pass Up. Here's the Lowdown On this Healthful Hero." *Better Nutrition* March 2006: 68.3 p14.

<http://www.webmd.com/diet/features/benefits-of-flaxseed>

<http://www.askdrsears.com/topics/family-nutrition/flax-seeds-and-flax-oil>

Chia flour:

Chia flour is made from ground Chia seeds. Highly nutritious Chia seeds have been labeled a Super Food, containing omega 3, fiber, calcium, and protein, all packed into tiny seeds.

The seeds are nutritional powerhouses. They're loaded with more protein, fiber, omega 3's, vitamins, minerals and antioxidants than blueberries. Chia improves your mood and concentration. It energizes, and stabilizes blood sugar, while reducing junk food cravings. With its cholesterol lowering capabilities, it benefits heart health, builds lean muscle mass, and strong bones. Another positive attribute is its ability to maintain hydration in the body and digestive system healthy.

References:

Feder Ostrov, Barbara. "Could Chia seeds help you live a longer life?: They contain protein, fiber and heart-healthy omega-3 fatty acid." *San Jose Mercury News (CA) Post* February 20 2008

<http://www.bodyrenewal.org/blog/2011/08/7-good-reasons-to-add-chia-seeds-to-your-diet/>

<http://blogs.webmd.com/food-and-nutrition/2011/12/ch-ch-ch-chia.html>

<http://whatscookingamerica.net/CharlotteBradley/Chai-Seeds.htm>

Brown & White Rice Flour:

Brown rice flour is left with its outer layers intact, and since the bulk of the nutrition is available in these layers, brown rice is one of the healthiest natural grains, and has a high benefit to overall health.

Brown rice is an excellent source of energy and is exceptionally high in fiber, iron, vitamins and minerals, magnesium, selenium and manganese.

Both brown and white rice flour a good source of the B vitamins including thiamine, niacin, and riboflavin, and manganese.

References:

Briones, Dave P, et al. *International Journal of Food Sciences and Nutrition*. December 2001: 60.8 p 688

<http://dx.doi.org.proxy2.library.illinois.edu/10.3109/09637480701830404>

Sakamoto, Shigeko, et al. "Pre-germinated brown rice could enhance maternal mental health and immunity during lactation." *European journal of nutrition* 2007 10. 46 (7) p. 391-396

<http://diabetes.webmd.com/news/20100614/brown-rice-vs-white-rice-which-is-better>

http://globalnaturopath.com/index.php?option=com_content&view=article&id=96:brown-rice-vs-white-rice&catid=44:wellness-secrets

Walnut oil:

Walnut oil is rich in manganese and copper, as well as melatonin, a hormone that aids in regulation of the body's internal clock. Listed below are seven great health benefits of walnut oil: Improves blood circulation, Lowers heart disease risk, Cuts inflammation, Maintains hormone levels, Improves skin, Prevents eczema, and Aids in anti-aging.

References:

Walnuts may boost memory, learning. *Mind, Mood & Memory*. October 2010: 6.10 p2

Blumberg, Jeffrey B et al. "Chronic and Acute Effects of Walnuts on Antioxidant Capacity and Nutritional Status in Humans: A Randomized, Cross-Over Pilot Study." *Nutrition Journal*. May 12 2010: p21

Digital Object Identifier:

<http://dx.doi.org.proxy2.library.illinois.edu/10.1186/1475-2891-9-21>

<http://www.medicaldaily.com/news/20100804/870/seven-great-benefits-of-walnut-oil.htm>

<http://www.webmd.com/balance/stress-management/news/20101006/walnuts-reduce-stress>

<http://www.ajcn.org/content/83/6/S1526.short>

Canola Oil:

Canola oil is one of the heart-healthy oils and the healthiest of cooking oils with the lowest saturated fat content. It is higher in the omega – 3 fatty acid, alpha-linolenic acid than other commonly used oils. Health experts say by increasing your intake of healthier unsaturated fats and essential fatty acids,

you can significantly reduce your risk of heart disease, the leading cause of death in the United States.

Reference:

Journal of the American College of Nutrition:

<http://www.jacn.org/content/8/5/360.abstract>

<http://www.webmd.com/food-recipes/canola-oil>

Grape Seed Oil:

Grape seed oil rich in essential nutrient omega-6 fatty acids, antioxidant vitamin E and C makes it a healthier alternative to traditional cooking oil. According to the University of Maryland Medical Center, omega-6 fatty acids may be useful for: diabetic neuropathy, rheumatoid arthritis, allergies, attention deficit/hyperactivity disorder, breast cancer, lowering cholesterol, eczema, high blood pressure, menopausal symptoms, mastalgia, multiple sclerosis, osteoporosis and premenstrual syndrome and reducing fine lines and wrinkles.

References:

<http://www.livestrong.com/article/406768-the-health-benefits-of-grape-seed-cooking-oil/>

<http://www.umm.edu/altmed/articles/grape-seed-000254.htm>

Useful links for your information:

<http://www.examiner.com/glutenfree-food-in-atlanta/jennifer-harris>

Interesting video clip about Coconut oil health benefits:

http://www.cbn.com/media/player/index.aspx?s=/mp4/LJO190v1_WS

Living Without: The magazine for people with allergies and food sensitivities: February/March 2012

<http://www.livingwithout.com/>