

Dairy & Gluten Free Blueberry Muffins

Recipe with thanks from Glen Huon Primary School

Traffic light category: **Amber**

Serves: 12 (80g each)

Ingredients

- Cooking oil spray or muffin cases
- 1½ cups gluten free quick oats
- 1 cup rice or soy milk
- ½ cup brown sugar
- 2 tablespoons honey
- ½ cup apple sauce
- 2 large egg whites
- 1 tablespoon canola oil
- 1 teaspoon vanilla extract
- 2/3 cup gluten free plain flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup fresh or frozen blueberries

Method

1. Preheat oven to 180°C, line a 12 cup muffin tray with cases or spray with cooking oil spray
2. Place oats in a food processor or blender, pulse a few times, place in a large bowl, add milk and soak for 30 minutes
3. In a medium bowl combine sugar, honey, apple sauce, vanilla, egg whites and oil, mix well
4. In a third bowl, combine flour, baking powder and baking soda, whisk to combine
5. Pour sugar and apple sauce mixture into milk and oat mixture, mix well
6. Slowly add dry ingredients and mix until just combined, gently fold in blueberries
7. Spoon into muffin tin, bake for 22 -24 minutes or until golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	587kJ	719kJ
Protein	2.8g	3.5g
Total fat	3.1g	3.8g
Saturated fat	0.3g	0.4g
Carbohydrate	25g	30g
Sugars	14g	17g
Dietary fibre	1.7g	2.0g
Sodium	103mg	126mg



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