

## Mouthwatering Gluten-Free Muffins

*This is one of the easiest, yet very versatile, muffin recipes I have.*

To make these tasty muffins I use a basic muffin mix and then add fresh, seasonal vegetables and herbs from the garden.

The basic mix can be adapted to sweet or savoury, vegetarian option or some meat added and a variety of cheeses can also be used.

These little treats are fabulous for breakfast (Bacon, Cheese and Herbs), lunch boxes (Zucchini and Cheese) or for a sweet afternoon treat try Raspberry and White Chocolate!

### Here's what goes in...

#### Dry Ingredients -

- 1 1/2 cups gluten-free plain flour - or other flour of choice
- 1 1/2 teaspoons baking powder
- Pinch of salt & pepper

#### Wet Ingredients -

- 120g salt reduced butter
- 3 eggs
- 200ml milk

### Here's what to do...

Pre-heat oven to 180° C

Melt butter in a small saucepan over low heat. Allow to cool.

Sift flour, baking powder into a large bowl. Add a pinch of salt & pepper.

If using fresh herbs, chocolate or dried fruit, blend these with dry ingredients now.

Lightly whisk eggs and add to milk. Add cooled butter and gently whisk until well blended.

Add wet ingredients to dry ingredients and blend with a metal whisk until smooth...Don't over stir!

**Now's the time to add the extra yummy treats to the basic mix.**

## A few of my favourite blends are -

- Roast Pumpkin and Freshly picked Basil Leaves
- Pan fried Bacon Pieces, Fresh Herbs and Parmesan Cheese
- Left-over Roast Lamb, Roast Veggie cubes and fresh Herbs of Marjoram or Oregano
- Freshly sliced Pear and Ground Cinnamon
- Replace Plain Flour with Almond, Macadamia or Cashew Meal and add Zest of one Orange or Lemon and 1 tablespoon juice...Mmmm
- Raspberries or Cranberries and White Chocolate Chips
- Swirl a tablespoon of Raw Cocoa powder and 1/4 cup Choc Chips to mix to make marble muffins!



**\*TIP\* To add sweetness to Muffins without using sugar, try adding 1/2 - 3/4 cup of Rice Malt Syrup or Apple Juice Concentrate to suit your taste...or the kids taste! Then add fruit, carob, chocolate, coconut or any other addition to make sweet muffins.**

Line medium or large muffin tins with brown paper pieces or muffin cases.

Spoon mixture in to half fill cases and top with grated cheese, nuts or other delicious goodies.



Place in oven and bake for approx. 20 - 30 minutes, depending on oven temperature and muffin size.

Muffins are cooked when golden brown on top and when tested with bamboo skewer they're cooked on the inside.

Place on wire rack to cool slightly.

Enjoy warm with butter or in lunchboxes the next day.

♥ **Cath**

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