

Gluten-free Blueberry Muffins

Created by Sundar Shrestha, FSHN graduate student

Ingredients:

- ¾ cup rice flour
- ½ cup millet flour
- ¾ cup tapioca flour
- 2/3 cup sugar
- ½ cup canola oil
- 2 eggs
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 cup blueberries
- 1 cup 2% milk
- 1½ teaspoons xanthan gum

Directions:

Preheat the oven to 375° F.

Mix the dry ingredients in a big bowl. Mix the oil, eggs and milk in a separate bowl. Transfer the liquid ingredient mixture to the dry mixture.

Mix it with a spoon for a minute just to moisten the flour (18 to 19 rounds of stirring) and then add the cleaned blueberry. Stir just a few more times to distribute the blueberry in the mixture. Over mixing should be avoided. The mixture looks lumpy.

Put the paper liner in the muffin cups and pour the lumpy mixture to the muffin cups (2/3 of the capacity of the cup). Bake it for 23 to 25 minutes (do not open the oven door till the baking time is reached). Remove the muffins and let it cool to room temperature.

Yield: 8-12 muffins

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

Nutrition Facts	
Serving Size 1 muffin (103g)	
Servings Per Container 8-12	
Amount Per Serving	
Calories 280	Calories from Fat 120
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% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	15%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 4g	
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Vitamin A 2%	• Vitamin C 2%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

