

# Gluten-free Teff Apple Cinnamon Muffins

Created by Felicia Watson, M.S., FSHN graduate student

## Ingredients:

¾ cup brown sugar  
¾ cup teff flour  
½ cup arrowroot starch  
¾ cup brown rice flour  
1 ½ teaspoon baking powder  
1 ½ teaspoon cinnamon  
¼ teaspoon salt  
2 large eggs  
1/3 cup canola oil  
2/3 cup low-fat milk  
1 apple, cut into small pieces

Nutrition Facts	
Serving Size 1 muffin (97g)	
Servings Per Container 8-12	
Amount Per Serving	
<b>Calories</b> 260	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein</b> 4g	
Vitamin A 2%	• Vitamin C 2%
Calcium 8%	• Iron 8%
*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	

## Directions:

Preheat oven to 400°F. Grease muffin pans.

Combine flours, arrowroot starch, baking powder, cinnamon, and salt in a large bowl. Separately, mix eggs, oil and milk.

Add the liquid mixture to the dry mixture and combine with a few strokes. Fold in the apple pieces.

Fill greased muffin pans ¾ full. Bake for 20 minutes.

Yield: 8 – 12 muffins

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

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