

Beans, Rice And Everything Nice

Blueberry Lemon Muffins



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 6 small muffins

1 rooibos tea bag (or other tea)
1/2 cup boiling water
50 grams millet
50 grams buckwheat
40 grams white rice flour
1/4 teaspoon psyllium husk powder
1 teaspoon baking powder
zest of 1 lemon
3/4 cup fresh or frozen blueberries
1 teaspoon corn starch
1/2 cup mashed banana
1/4 cup brown sugar

1. Preheat the oven to 175C (350F). Line a muffin pan with six parchment paper or silicone muffin cup liners. Add the rooibos (or other tea) tea bag to 1/2 cup boiling water and set aside to steep while you prepare the other ingredients.
2. Once you weigh the grains, place them in a blender or spice grinder and grind into a powder, about 30-60 seconds. The flour should have the consistency of fine table salt. Whisk together the flour, psyllium husk, and baking powder in a medium bowl.
3. Remove the tea bag from the water and squeeze the bag releasing, any water still in the tea bag. Toss the frozen blueberries in 1 teaspoon of corn starch. Combine the sugar, banana (or apple sauce), tea and lemon zest. Thoroughly combine the wet ingredients with the dry. Stir in the blueberries.
4. Evenly fill the muffin cups. Bake in the preheated oven for 22 to 25 minutes. Allow to cool completely before trying to remove from the muffin liners.