

Kaye's Blueberry Muffins

Submitted by: Kaye Hipper

(adapted recipe from the Five Roses cookbook)

Ingredients:

2 cups GF flour*
½ cup sugar
½ tsp salt
1 tsp xanthum gum
1 tsp psyllium
1 cup milk
¼ cup melted butter
2 eggs
1 tsp vanilla
1 cup frozen blueberries

Directions:

1. Thoroughly mix together the flour, sugar, salt, xanthum gum, psyllium in one bowl.
2. Beat the eggs in another bowl. Add milk, vanilla and melted butter.
3. Use a tablespoon of the flour mix to coat the blueberries.
4. Gently stir the egg mixture into the flour mixture. Add the floured blueberries.
5. Spoon the mixture into papered muffin tins.
6. Bake in a 400° oven for approx. 15 minutes. Ovens vary so the muffins may take a couple minutes longer. Always check the doneness at 15 minutes.

* Flour mix used: Thoroughly mix 1 ½ cups sorghum flour, 1 ½ cups potato starch and 1 cup tapioca starch. Use 2 cups of the flour mix for the muffins.