



## Wheat-Free Baked Egg Muffin Recipe

Yield: 6 large muffins

### Dry ingredients

- 1<sup>1</sup>/<sub>4</sub> cup of rice flour (recipe works best with rice flour but you can also use King Arthur gluten-free flour)
- ½ cup white sugar
- ¼ teaspoon salt
- 1 teaspoon baking powder

### Wet ingredients

- ½ cup milk (or tolerated milk substitute)
- 2 large eggs
- ½ teaspoon vanilla
- 2 tablespoons canola oil

### Directions:

1. Preheat oven to 350F
2. Line a muffin pan with 6 liners or grease
3. Mix the dry ingredients (rice flour, sugar, salt, baking powder). Set aside.
4. In a separate bowl, use a whisk to mix the liquid ingredients until well-combined (milk, oil, egg or egg replacer, vanilla)
5. Add the liquid ingredients to the dry ingredients and mix with a spatula or spoon. Stir until combined, don't overmix. Batter will be thin and lumpy.
6. Fill the muffin liners evenly. If muffin batter is excessive for 6 muffins, prepare all the batter into equal sized muffins.
7. Bake for 30-35 minutes or until golden brown and firm to the touch.
8. Cut a muffin or 2 open to make sure center is well cooked and not soggy.

**BRING ALL MUFFINS TO YOUR APPOINTMENT**