

GLUTEN-FREE BUCKWHEAT MUFFINS

MUFFIN BATTER INGREDIENTS

- 1 C buckwheat
- 1/4 C white rice
- 1 lemon
- 1/4 C butter
- 2 eggs
- 1/2 C sugar
- 1 tsp vanilla
- 2 Tbsp cornstarch
- 1 tsp baking powder
- 1 C + 1 1/2 Tbsp water
- 1/2 C fresh blueberries



RECIPE INSTRUCTIONS

1. Grind 1 cup buckwheat in Nutrimill Harvest.
2. In a large mixing bowl, blend together lemons, butter, eggs, sugar, and vanilla.
3. Add buckwheat flour, rice flour, cornstarch, and baking powder to the mixture. Add water and stir until incorporated.
4. Carefully fold blueberries into batter.
5. Spray a muffin tin with cooking spray. Scoop batter into the tin.
6. Bake muffins at 350F for 30 minutes.