



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

MUFFIN RECIPES

GLUTEN FREE CORNMEAL MUFFINS

- 1 cup cornmeal
- 1 cup buttermilk
- ½ cup plain flour
- 2tbsp olive oil
- 2tsp baking powder
- 1 tbsp lemon juice
- ½ tsp bicarbonate of soda
- 2 eggs separated

Combine dry ingredients. Set aside.

Beat egg yolks, buttermilk, oil and lemon juice together. Add to dry ingredients, stirring just enough to combine.

Beat egg whites until stiff. Fold into cornmeal mixture and spoon into muffin cases.

Bake at 200°C/400°F/Gas mark 6 for 15-20 mins. Serve warm.

LOW FAT CARROT MUFFINS

- 2 cups wholemeal self-raising flour
- 1 tsp baking powder
- 2tsp cinnamon
- 1 cup quick-cooking oats
- ⅓ cup honey
- 2 eggs
- 1 cup soya/rice/ordinary milk
- 1tbsp lemon juice
- 1 cup grated carrot
- 1 large apple, peeled, cored and grated

Sift flour, baking powder and cinnamon and stir.

Combine honey, eggs, milk, lemon juice, carrot and apple with whisk or hand held mixer. Pour over dry ingredients and mix lightly.

Fill muffin cases $\frac{2}{3}$ full with mixture and bake at 200°C/400°F/Gas mark 6 for 20-25 mins. Serve warm.

11 Mortens Wood
Amersham
Buckinghamshire
HP7 9EQ

Tel/Fax 01494 722777
nutrition@dianawright.co.uk
www.dianawright.co.uk