

Gluten Free Muffins

Very low in sweetner, you can add fruit, nuts or raisins to create variety and add sweetness naturally. Gluten Free & very easily made dairy free, too!

- 1 cup Fearn br. rice baking mix
- 1 egg
- 2 tbsp. oil
- 1 tbsp. honey
- 3/4 cup milk

Preheat oven to 400 degrees. Add beaten egg, oil, honey and milk to mix and stir until fairly smooth. Fruits, nuts, or raisins may be added for variety. Pour into lightly oiled muffin pan and bake for 20 min. Makes 5 to 6 muffins.

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Shopping List

Gluten Free Muffins

Ingredients	Wieght or Volume	PLU #
Fearn br. rice baking mix	1 cup	_____
egg	1	_____
oil	2 tbsp.	_____
honey	1 tbsp.	_____
milk	3/4 cup	_____

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