

Low FODMAP Blueberry & Almond Muffins

Serves: 12

Prep: 25 minutes

Cook: 25-30 minutes



Ingredients	Metric	Imperial
1 Tbsp chia seeds soaked in 3 tbs boiling water	12 g	0.4 oz
2 cups gluten-free plain flour (containing a mix of rice, potato & tapioca flours)	300 g	10.6 oz
½ cup almond meal, plus a little extra to sprinkle on top of muffins	60 g	2.1 oz
1 tsp baking powder	4 g	0.14 oz
½ cup caster sugar	100 g	3.5 oz
1 tsp vanilla extract	5 g	0.14 oz
⅔ cup vegetable oil	158 g	5.6 oz
¾ cup almond milk	180 g	6.4 oz
¾ cup blueberries (fresh or frozen)	94 g	3.3 oz

Method

1. Preheat oven to 180°C/350°C and line a 12 hole muffin pan with paper cases.
2. In a small bowl, add boiling water to chia seeds and stir. Set aside to swell for 10-15 minutes, or until a thick gel forms.
3. In a large mixing bowl, add flour, almond meal, baking powder and caster sugar.
4. Add vanilla extract, vegetable oil, almond milk and soaked chia seeds.
5. Stir until just combined, adding a little extra almond milk if mixture becomes too thick.
6. Finally, carefully fold blueberries through mixture.
7. Divide mixture equally between 12 muffin cases (fill each case to ⅔ full) and sprinkle tops with extra almond meal.
8. Bake muffins in preheated oven for 25-30 minutes or until lightly brown and cooked through.

Hints

- For a nut free version, replace almond meal with oat bran and substitute almond milk for regular milk (lactose free if required) or soy protein milk (to keep the recipe vegan).
- Store muffins in an airtight container or freeze for later.
- As a special treat, add ⅓ cup chocolate of your choice to the muffin mixture at step 3.

Nutrition Information (per serve)	
Energy	1153 Kj / 276 cal
Protein	2.30g
Carbohydrates	29.00g
Sugar	9.60g
Total Fat	16.80g
Saturated Fat	1.90g
Fibre	1.30g