



Gluten-Free Blueberry Muffins with Lemon Zest

Recipe used with permission from Shauna Ahern of Gluten-Free Girl (www.glutenfreegirl.com)
Adapted from *The Best Recipe*.

Makes 18 muffins

What you need:

10 tablespoons unsalted, soft butter
1 cup white sugar
2 large eggs
2 teaspoons lemon zest
1 cup sweet white sorghum flour
1 cup white rice flour
1 cup tapioca flour
1 ½ teaspoons baking powder (or ½ teaspoon cream of tartar, ½ teaspoon baking soda, ½ teaspoon cornstarch)
½ teaspoon baking soda (if combining above, add another ½ teaspoon to mix)
½ teaspoon salt
1 ½ cups plain yogurt
1 cup blueberries (frozen are fine)
2 tablespoons raw sugar



How you prepare:

Preheat oven to 375F.

Combine all the dry ingredients together. Set aside.

Cream the butter and sugar together, until just creamed. If you leave the stand mixer running as they are creaming, these muffins will not rise. Simply cream them until combined. Add the eggs, one at a time, mixing after each egg.

Add one half of the dry ingredients, mixing well. Add one-third of the yogurt and combine until well mixed. Add one-half of the remaining dry ingredients to the mixture, and combine. Continue this, alternating the yogurt and dry ingredients, until you have mixed both of them in, completely.

Add as many blueberries as you can.

Oil a muffin tin well, then sprinkle a little cornstarch or white rice flour on the bottom of each cup. Fill each space for muffin two-thirds full. Sprinkle the raw sugar over the top and set them in the oven.

It's your health.



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com



(This recipe will give you enough batter to make two tins of muffins, or close.)

Bake the muffins for about 35 minutes, or until the tops have browned and started to harden, and the entire house smells of warm blueberry muffins. If your sweetie wakes up from the smell, the muffins are done.

Per Serving:

Calories 169
Carbohydrates 32.3 g
Protein 3.2 g
Fat 3.2 g
Dietary Fiber 1.2 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

It's your **health.** 
Take a **stand.**

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com