

Gluten Free Blueberry Muffin

Deflavoured Yellow Lentil Flour has a cleaner flavour profile compared to ordinary lentil flours with reduced beany notes and enhances the colour and moistness of the final product

Ingredients	%
Deflavoured Yellow Lentil Flour	6.00
NOVATION®4600	1.30
PRECISA® Bake GF	10.25
FARINA™	2.60
Sugar	21.90
Whole Eggs	14.75
Vegetable Oil	14.75
Blueberries	14.30
Water	8.70
Ground Almonds	3.70
Baking Powder	1.15
Vanilla Essence	0.43
Salt	0.17

Preparation:

1. Sieve all dry ingredients and put them into the Kenwood bowl. Add the water and vanilla essence and mix on speed 2 for 30 seconds
2. Add the eggs on speed 4 and mix for 1 min
3. Scrape down and add the oil slowly for 90 seconds on speed 2
4. Scrape down and mix fast for 2 minutes on speed 4
5. Add the blueberries and mix on speed 1 until incorporated (~15 sec)
6. Fill into muffin cases until half full (~60 g)
7. Place into the oven at 170°C for 20 min
8. Let cool down before eating
9. Alternatively, freeze for future use

