

Gluten Free Savoury Muffin

Faba Bean Flour is a gluten-free flour that is plentiful and sustainably sourced. Pulse-based flours can boost the nutritional profile of formulations and also help support popular label claims such as enhanced protein, fiber and low fat

Ingredients	%
Whole Egg	20.00
Faba Bean Flour	8.50
HEMOCRAFT®Create GF 20	17.30
NOVATION PRIMA®650	5.00
Cold Water	13.00
Carrots, Grated	9.50
Spinach	9.50
Vegetable Oil	6.70
Diced Onion	5.00
Glycerine	1.50
Pumpkin Seeds, Roasted	1.50
Baking Powder	1.00
Ground Cumin	0.50
Bicarbonate Soda	0.50
Salt	0.50

Preparation:

1. Preheat the oven to 170° C. Using 0.25% oil, fry the onions for 2 minutes 30 seconds. Add the cumin and fry for a further minute. Add the spinach and fry for 2 minutes 30 seconds. Cool.
2. Blend the dry powders together in a bowl. Mix the oil, water and egg together in a separate bowl. Using a kitchen aid, blend the two sets of ingredients together for 1 minute at speed 1
3. Add the spinach and onion mixture on speed 1 for 30 seconds. Add the pumpkin seeds and carrot for 30 seconds or until fully combined
4. Weigh the desired amount into each muffin case. Suggested amounts are as follows: mini muffin-14g, larger muffin -75g. Suggested baking times are 16 minutes for the mini muffin and 35 minutes for the larger muffin or until a toothpick comes out clean

