

Basic Muffins

This is a basic muffin recipe which can be adapted and changed by adding fruits, nuts or different flours to achieve wheat-free or gluten-free status.

Basic ingredients:

2 ½ cups flour

3 tsp baking powder

¼ cup raw sugar

2 eggs, lightly beaten

1 ½ cups soy or rice milk

150 g melted butter

A blend of spelt, buckwheat, soy, millet, rice, barley, tapioca, oat

Aluminium-free, if possible

Or coconut, brown or other unrefined sugar. If using maple syrup reduce liquids a little

Organic, free range eggs if possible

Water or fruit juice may also be used

May be replaced with extra virgin olive oil for no dairy option (margarine contains Trans-fats and is not recommended)

Optional extras

1 apple grated

1 punnet blueberries or mixed berries

1 banana sliced or mashed

1/3 cup dried fruit

replace some of the flour with grated nuts (mix walnuts, almonds, pecans)

replace some of the liquids with yoghurt or sour cream



- ♦ Preheat oven to moderately hot (210°C electric or 190°C gas). Brush a 12-hole (or 6 hole muffin tin with butter or oil)
- ♦ Lightly whisk eggs with sugar, add milk
- ♦ Melt butter
- ♦ Sift flours and baking powder into a bowl.
- ♦ If adding fruit, add to dry mix and stir well to coat the fruit. This ensures more even distribution throughout the mixture.
- ♦ Add egg/milk mixture and melted butter or olive oil, stirring gently until mixture is moistened (do not over mix)
- ♦ Spoon into muffin tins and bake 20 – 25 minutes until golden brown.