

QUINOA BLUEBERRY MUFFINS



January 16

National Quinoa Day

INGREDIENTS

- ½ Cup + 2 Tablespoons Quinoa
- 1½ Cups Blueberries (fresh or frozen)
- 2 Cups (less 2 teaspoons) All-Purpose Flour
- 2 Teaspoons Baking Powder
- ½ Teaspoon Baking Soda
- Pinch of Salt
- ½ Cup (less 1 tablespoon) Sugar
- 1 Large Egg
- ⅓ Cup + 2 Teaspoons Vegetable Oil
- 1 Cup + 1 Tablespoon Milk
- 2 Tablespoons Lemon Juice (plus zest of 2 lemons)

DIRECTIONS

1. Rinse the quinoa and combine with twice the amount of water, then cover, bring to the boil and simmer gently for 15 minutes. Remove from the heat, drain off the water if there is any left, and set the quinoa aside to cool.
2. Preheat the oven to 400°F. Lightly grease or line a muffin pan with 12 muffin cases.
3. Whisk together the flour, baking powder, baking soda and salt. Set aside.
4. In another large bowl whisk together the egg, sugar, oil, quinoa, milk, lemon juice and zest until thoroughly combined.
5. Gently fold the blueberries into the dry mixture. Combine both mixtures and stir gently until the dry ingredients are no longer visible. Do not overmix.
6. Spoon equal amounts of the batter into each muffin cup. Bake in the center of the oven for 25 minutes.
7. Remove from the oven and leave in the pan for 5 minutes then transfer the muffins onto a cooling rack.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin	1 Muffin	2 Muffins	4 Muffins