

Buckwheat Breakfast Muffins



Serves	12
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- Canola oil spray
- 1 cup plain wholemeal flour
- 1/2 cup plain white flour
- 3/4 cups buckwheat flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 1/2 cup brown sugar (firmly packed)
- 1 cup low fat buttermilk
- 2 Large eggs
- 1/2 cup sunflower oil
- 1/4 cup brown sugar (extra)

Directions

1. Preheat the oven to 200°C and spray two 6-hole muffin trays with the canola oil spray.
2. Sift the white, wholemeal and buckwheat flours together in a large bowl with the salt, bicarbonate of soda, baking powder and brown sugar. Add the husks from the wholemeal flour back in.
3. In another bowl add the buttermilk, eggs and sunflower oil and whisk until smooth.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Divide the batter evenly between the muffin trays. Sprinkle the top of each muffin with the extra brown sugar.
6. Bake for 15 to 20 minutes, until lightly browned. Allow the muffins to cool in the trays for 5 minutes then transfer to a wire rack.
7. Serve cold or warm, plain or with a bit of butter or rice malt syrup.

Note

Low Chemical / Failsafe