

Vanilla Muffins



Serves	9
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	Lunch Box , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 2 cups spelt flour
- 4 teaspoons baking powder (Refer to recipe)
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1 egg
- 3/4 cups milk
- 1/3 cup sunflower oil
- 1 teaspoon vanilla extract (Refer to recipe)

Directions

1. Preheat the oven to 180°C and prepare two 6-hole muffin trays for 9 muffins.
2. Sift together the dry ingredients and set aside.
3. Combine the liquid ingredients in a separate bowl. Fold into the dry ingredients and mix until just combined.
4. Divide the batter between the 9 muffin holes.
5. Bake for approximately 20 minutes until a skewer in the centre comes out clean.
6. Allow to cool slightly in the pans then transfer to a wire rack.

Note

Low Chemical / FAILSAFE

Use this recipe as a base for other flavours. Add up to 1 cup of other ingredients, e.g. mashed/pureed fruit, chocolate/carob chips, nuts, etc.

You can use store bought [vanilla essence](#) and [baking powder](#) or make your own.