



SUGAR FREE MUFFINS

BY DELCIE LAM

MAKES 50

INGREDIENTS

150g rice milk
2g lemon juice
180g wholemeal flour
5g baking soda
2.5g baking powder
200g oil
150g agave

Optional:
20g fresh blueberry or cranberry or strawberry

METHOD OF PREPARATION

1. Combine rice milk and lemon juice together. Put aside.
2. Sieve flour, baking soda and baking powder together.
3. Add in oil, agave, rice milk with lemon juice into the flour mixture.
4. Mix well into batter.
5. Spoon into muffin cases and put to bake at 170 degree celcius for 20 mins.



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