

# Orange and date muffins



Makes 6 muffins, 206 cals per muffin

- ¾ cup of rice flour
- ¼ cup of brown rice flour
- ½ tablespoon of baking powder
- ¼ teaspoon of Xanthan Gum
- ¼ teaspoon of bicarbonate of Sodium
- Pinch of salt
- ½ cup of skim milk
- 1 egg
- 40gm of butter
- ⅓ cup of orange juice (approx. 1 large orange)
- ½ tablespoon of grated orange peel
- ½ cup of chopped, pitted dates, firmly packed.

Preheat oven to 200°C. Line or grease a 6 muffin non-stick pan.

Place orange juice and dates in a sauce pan and bring to boil. Cook for approx. 5-7 mins until mix reduces by almost ½.

Add the butter and milk to the orange juice, mixing well.

When mix is room temperature (should be quickly once you add the milk), add the egg and mix well.

Mix rice flour, brown rice flour, baking powder, xanthan gum, bicarbonate, salt and orange peel in a bowl. Make a “well” in the centre.

Add the wet ingredients to the well in the dry ingredients and mix until combined.

Divide mix into the muffin cases and bake for 15-20 mins until centre is springy and a skewer comes out clean.