

Riverview Wellness Center

Recipe

Client Name:

Recipe for: Rice Muffins

Ingredients: 1 ½ cups of brown rice
2 Tbsp ground flax seed
2 ½ Tbsp baking powder
1 tsp green stevia powder
1 tsp xanthan gum
1 to 2 Tbsp olive oil
1 to 2 Tbsp unsweetened applesauce
1 cup rice milk, unsweetened
1 egg
½ cup of dates or carob chips, chopped

Preparation: Mix egg, rice, milk, oil, applesauce and stevia together. (well enough to dissolve stevia)

Add remaining ingredients. Spray muffin tin with olive oil as ingredients may stick to muffin paper. Fill muffin tin ¾ full.

Bake at 400 degrees for 15 – 20 minutes.

Serve warm or reheat before serving.

Variation: mash 1 ripe banana & omit applesauce