

Gluten-Free Earl Grey Blueberry Muffins



These muffins have a secret ingredient – instant mashed potato which helps to create a moist tender texture and a nicely browned exterior!

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

4 each	Earl Grey Tea Bags
1 cup	Gluten-Free Flour Blend
½ cup	Rolled/Old Fashioned Oats
1 tsp	Baking Powder
¼ tsp	Kosher Salt
⅔ cup	Instant Mashed Potato, plain
⅔ cup	Water
1 medium	Banana, ripe
½ cup	Canola Oil
3 large	Eggs
½ cup	Sugar, granulated
1 each	Lemon, zested and juiced
1 tsp	Vanilla Extract
1 cup	Blueberries, frozen (preferably wild)

CHEF'S NOTES:

Earl Grey tea features bergamot which has a lightly floral, citrusy flavor that makes a perfect pairing with lemon and blueberries.

These muffins keep well for up to 3 days wrapped loosely with plastic wrap at room temperature. Freeze any leftovers for longer storage.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F and line a 12-cup muffin pan with paper liners and spray generously with nonstick cooking spray.
2. Cut open the tea bags and add the loose tea to a medium mixing bowl. Add the flour, oats, baking powder, and salt, whisking to combine, set aside.
3. In a separate medium mixing bowl, add the instant potatoes and water, stirring with a fork until smooth. Add the banana and use the fork to mash and blend it with the potatoes. Add the oil, eggs, sugar, lemon zest and juice, and vanilla and using a whisk, mix until smooth.
4. Add the flour mixture to the wet ingredients and using a rubber spatula, mix gently until just combined. Add the blueberries and fold to combine. The berries may “bleed” and turn the muffin batter blue, which is fine.
5. Use a muffin scoop to evenly portion the batter to the prepared muffin cups.
6. Bake for 20 – 25 minutes, until a toothpick inserted in the center comes out clean and the muffins are puffed and lightly browned on top.

Nutrition Facts

12 servings per container

Serving size 1 muffin (71g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 105mg 5%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Total Sugars 11g

Includes 8g Added Sugars 16%

Protein 3g 6%

Vitamin D 0.3mcg 2%

Calcium 50mg 4%

Iron 0.6mg 4%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: EGG

