



Serves	12
Prep (min)	15
Cook (min)	25-30

SAVOURY 'EYEBALL' MUFFINS!

Pop these muffins into your lunchbox and give them a cheeky wink, before you gobble them all up!

Free from

Dairy (DF)
Egg (EF)
Gluten (GF)
Nuts (NF)
Peanut (PF)
Soya (SF)
Sesame (SeF)
Shellfish (ShF)
Fish (FF)

Ingredients

1 grown-up
350g Doves gluten free plain flour
2 tsp baking powder (gluten free)
1 tsp bicarbonate of soda
2 sprigs fresh rosemary (chopped)
2 garlic cloves (crushed)
250g grated parsnip (OR 150g sundried tomatoes chopped)
200ml rice milk
100g Vitalite dairy free margarine (melted) (OR 6 tbsp sunflower oil)
60g cooking apple (cooked to a purée)
1 tbsp apple cider vinegar
Pinch of salt & pepper
2 tbsp tomato purée (OR roasted red pepper)
6 pitted black olives (for eyes)

PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label for allergens when buying pre-packaged foods.

Method

1. Take one grown up and put them in charge. Wash your hands and cut 12 sheets of baking paper, roughly 15x15cm square, ready to line your muffin tin.
2. Preheat oven to 180°C/gas mark 4. In a large bowl sieve flour, baking powder and bicarbonate soda. Add rosemary, garlic, parsnip, salt & pepper and mix away!
3. In a separate bowl stir together rice milk, melted margarine, apple purée and cider vinegar. Make a well in your dry mixture and pour in the liquid. Stir to combine (but not too much!)
4. Line each hole of the muffin tin with your baking sheets. Place a large spoonful of your muffin mixture into each. Top with a little squirt of tomato purée.
5. Slice black olives in half and place these on top to make the googly eyes!
6. Bake for 25-30 minutes or until golden brown. Leave to cool on a wire rack, then delve in!

Tip: Great to pop in your lunchbox or serve warm with a soup! These muffins will keep in the freezer for up to a month (if there's any leftover!)

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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A world of serious fun