

PREPARATION: 15 MINUTES

COOKING: 20 MINUTES

12 SERVINGS

# SAVORY MUFFINS

## INGREDIENTS

*2 teaspoons olive oil*

*2 teaspoons unsalted butter*

*1 cup onion, diced*

*1 cup red peppers, diced*

*black pepper to taste*

*2 cups flour*

*1 teaspoon cream of tartar*

*½ teaspoon baking soda*

*4 eggs*

*¼ cup canola oil*

*¾ cup no salt added chicken broth*



## PREPARATION

- 1 Preheat oven to 375°F. Place liners in muffin compartments.
- 2 In a non-stick frying pan, heat oil and butter over medium heat. Fry onion and peppers for 7–8 minutes or until the onions are cooked. Season with black pepper according to taste. Switch off the heat and set aside.
- 3 In a small bowl, combine the dry ingredients: flour, cream of tartar and baking soda.
- 4 In a larger bowl, whip together the eggs, canola oil and chicken broth.
- 5 Add the dry ingredients to the larger bowl and combine with the onions and the peppers to create a dough.
- 6 Distribute the dough among the 12 muffin tins.
- 7 Bake for 20 minutes or until a toothpick inserted in the middle of a muffin comes out clean. Remove from oven and let cool.

### Nutrient Analysis

#### PER SERVING:

1 Muffin

#### RENAL EXCHANGE:

1 Starch + ½ Vegetable

Calories	<b>172Kcal</b>
Protein	<b>5g</b>
Carbohydrates	<b>18g</b>
Fibre	<b>1g</b>
Total Fat	<b>8g</b>
Saturated Fat	<b>1g</b>
Cholesterol	<b>66mg</b>
Sodium	<b>81mg</b>
Potassium	<b>142mg</b>
Phosphorus	<b>60mg</b>