

PREPARATION: 15 MINUTES

COOKING: 20 MINUTES

12 SERVINGS

# CHAI-SPICED MUFFINS



## INGREDIENTS

1 cup unenriched rice beverage

1 teaspoon vanilla

1 teabag of Orange Pekoe black tea

### Chai spices

½ teaspoon cinnamon

½ teaspoon ginger

½ teaspoon ground cloves

½ teaspoon nutmeg

1 ½ cups white flour

1 cup quick oats

1 teaspoon cream of tartar

½ teaspoon baking soda

2 eggs

½ cup sugar

½ cup canola oil

## PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a small saucepan, heat rice beverage over medium heat until small bubbles form around the edge and steam starts to rise. Add vanilla, tea and chai spices. Take the pan off the heat and let the tea infuse for 2 minutes before removing the tea bag.
- 3 In a bowl, mix flour, oats, cream of tartar, and baking soda and set aside.
- 4 In a large bowl, with the help of an electric mixer, beat eggs, sugar and oil until pale and fluffy. Alternate adding the dry ingredients from step 3 to the chai mixture from step 2 while mixing with a wooden spoon.
- 5 Transfer into 12 muffin compartments lined with paper or to a silicone muffin pan. Bake for 20 minutes or until a toothpick inserted in the middle of a muffin comes out clean.

**Tip:** To save time, you can heat the rice beverage in the microwave. Heat on High for 1 minute, stir to dissolve the spices, and heat for another 30 seconds before adding the tea bag.

**Suggestion:** Add a chopped apple in step 4.

### Nutrient Analysis

#### PER SERVING:

1 muffin

#### RENAL EXCHANGE:

2 Starch

Calories 230Kcal

Protein 5g

Carbohydrates 32g

Fibre 2g

Total Fat 9g

Saturated Fat 1g

Cholesterol 32mg

Sodium 72mg

Potassium 136mg

Phosphorus 97mg