

Brown Rice & Blueberry Breakfast Muffins

Ingredients

- 1 cup brown rice flour
- 1 cup whole wheat pastry flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup coconut sugar
- 1 cup unsweetened almond milk
- ¼ cup olive oil
- 1 egg
- 1 tsp vanilla extract
- 1 cup fresh blueberries

Instructions

1. Preheat Oven: 375°F (190°C). Line muffin tin with paper liners.
2. Mix Dry Ingredients: Whisk together flours, baking powder, baking soda, salt, cinnamon, and coconut sugar.
3. Mix Wet Ingredients: In another bowl, whisk milk, oil, egg, and vanilla.

4. Combine: Add wet to dry ingredients and mix until just combined. Fold in blueberries.
5. Bake: Fill muffin cups $\frac{3}{4}$ full and bake 20–25 minutes.
6. Cool: Allow muffins to cool before serving.

Why This Helps Blood Sugar

Brown rice flour is rich in fiber and magnesium, which help improve insulin sensitivity. Blueberries provide antioxidants that reduce inflammation linked to insulin resistance.
