

## Savoury Muffins, gluten-free

B003-06.24

### PEKTOS Beet Fiber BF 5 C

Makes approx. 15 muffins

	[g or ml]	approx. [%]
Gluten-free wholegrain flour mixture	300	27.9
Water or milk	100	9.3
<b>PEKTOS Beet Fiber BF 5 C</b>	<b>20</b>	1.9
Whole egg, slightly beaten	180	16.7
Margarine (liquid)	150	14.0
Demerara sugar	10	0.9
Grated carrots	100	9.3
Spinach leaves, coarsely chopped	50	4.7
Parsley, chopped	10	0.9
Smoked ham, finely chopped	150	14.0
Baking powder	5	0.5
<b>TOTAL approx.</b>	<b>1,075</b>	<b>100.0</b>
<b>Yield approx.</b>	<b>1,000</b>	

#### Process:

1. Mix PEKTOS Beet Fiber BF 5 C and water/milk using a mixer, and let stand for 5 – 20 minutes.
2. Add eggs, margarine and vegetables and the beet fiber slurry to a planetary mixer and mix until lump-free and smooth.
3. Mix flour mixture, sugar and baking powder, then add to the batter.
4. Mix until homogeneous. Don't overbeat.
5. Pour into oiled muffin tins and bake immediately in a 200°C pre-heated oven for approximately 15 minutes.



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The described formulation serves as a recommendation and was developed and tested in the laboratory of the PEKTOS AG. Since the product preparation can vary a lot between customers, we do not guarantee the applicability of this information or the suitability of our products in each situation. Sometimes, it may be necessary to adapt instructions. Compliance with the food law is the responsibility of the customer.