

# Low FODMAP Hot Cross Bun Muffins

**Prep time:** 20 minutes

**Cook time:** 15 minutes

**Makes:** 12 muffins (limit 1 per serve)

## Dry Ingredients

6 tbsp dried cranberries

6 tbsp raisins

350g (2.5 cups) gluten free all purpose flour (ideally use the weight amount)

4 tsp baking powder

1/2 tsp baking soda

2 tsp cinnamon

1/2 tsp mixed spice

1/2 tsp nutmeg

1/2 tsp salt

1/2 tsp guar gum

## Wet Ingredients

3/4 cup low FODMAP milk

1 tbsp lemon juice (or can sub in white vinegar)

3/4 cup olive oil

1 cup of caster sugar

2 eggs

## Piping Mixture

1/2 cup gluten free all purpose flour

1 tbsp lemon juice

3 tbsp water (add more as needed to form thick paste)

## Glaze

1.5 tbsp orange marmalade

## METHOD

Preheat oven to 200°C fan bake. Grease a muffin tray.

Measure out the cranberries and raisins into a bowl and pour over boiling water. Cover and leave to rehydrate for 10 minutes while you make the muffin batter.

Measure out the flour (ideally use the weight amount) and sift into a large bowl. Next add the baking powder, baking soda, cinnamon, mixed spice, nutmeg, guar gum and salt. Whisk until well combined.

In a separate bowl, add the milk and lemon juice. Leave for 1 to 2 minutes and let it separate/curdle - this is how you make buttermilk. Then whisk through the olive oil, sugar and eggs.

In a small bowl make the pipping mixture. Mix the flour and water together until thick and smooth. Place into a piping bag OR a small zip lock bag and slice the tip off one of the corners.

Drain the cranberries and raisins and pat dry with a paper towel and add to the wet mixture.

Make a well in the middle of the dry mixture. Then pour over the wet mixture. Gently fold until the mixture is just combined. Spoon into the muffin wells until each is 3/4 full.

Using a knife make a little indent in the batter across the top of each muffin and pip the white cross mixture into it.

Place in the muffin tray in the centre of the oven and bake for 15 minutes. Check and then cook for a further 5 minutes if needed. The muffins are done when the tops are golden and a skewer inserted into the middle comes out clean.

Option: If you want to make your muffins even more delicious then you can glaze them. Melt the orange marmalade in the microwave, then brush onto the muffins as they come out of the oven.

Allow the muffins to cool for 15 minutes, then remove from the muffin tin. These muffins are best served slightly warm and with dairy free spread or butter. Try heating them in the microwave for 10-20 seconds before serving.

Enjoy 1 muffin per serve then wait 3 - 4 hours before you have another one to avoid FODMAP stacking.