

## MORINGA : NUTRITIOUS LOW CARB GLUTEN FREE MUFFINS



- For diabetics who also have difficulties with gluten, bread is a major challenge, as so many gluten free flours are high carb. It appears that two Indian products, Urad bean and Moong bean flours have relatively few carbs and a mild, neutral flavor.
- In baking with the bean flours, the structure seems to lean more towards that of fine cornmeal than wheat, necessitating some compensation such as adding cheese or xanthan gum to bind, egg yolks for rising, and whipped egg whites to incorporate air.
- Those principles work well in these modest sized muffins that are absolutely wonderful sliced and toasted.



## INGREDIENTS:

- 1 Cup fresh [Moringa](#) Leaves
- 1 Cup Urad bean or Moong bean flour
- 1 1/3 teaspoon baking powder
- 1/3 teaspoon baking soda
- 1/3 teaspoon salt
- 2/3 cup heavy cream
- 4 Tablespoons premium butter melted
- 2/3 cup white cheddar or other cheese grated
- 2 eggs yolks and whites separated
- pinch of Cream of Tartar



NOTE: These flours are available at Indian grocers and online, albeit with one caveat—due to many ways of processing the beans (skinned, peeled, whole, split, etc.), not to mention the stunning array of names by which they are known and sold, the carb counts of the ground flours reported online and on the packages will seem to vary wildly. Note also though, that little flour is required per serving, usually only 1/6 -1/8 cup each. So use them in moderation until their actual carbs work in your diet.

#### PREPARATION:

- Sift all the dry ingredients together into a large bowl
  - Pour the cream into the melted butter and warm slightly so the butter doesn't solidify
  - Put the Moringa leaves in a blender with a little of the butter cream mixture and blend, adding more liquid as necessary until the leaves are more or less pureed.
  - Add the egg yolks and blend for a few seconds—just enough to mix them with the puree.
  - Put the grated cheese in a bowl, pour the puree over it and stir to mix them together.
  - Whip the two egg whites with a pinch of Cream of Tartar until very stiff.
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- Dump the puree-cheese mixture into the dry ingredients and start blending them with a large whisk or spoon.



- As they become mixed dump the stiff egg whites in and immediately start folding everything together. Continue only until there are no more streaks in the batter.



- Butter your muffin tin cups and lightly flour them with the bean flour or other gluten free flour or insert oiled paper muffin cups or parchment squares.
- Divide the batter into the cups and bake for 30 minutes at 350° F. Remove and cool. Makes 6 muffins in a large cup pan.

