

Gluten free blueberry and pecan muffins

For the cakes:

200g gluten-free plain flour
2tsp gluten-free baking powder
125g caster sugar
150ml almond or soya milk
2 free-range eggs
150ml vegetable oil
150g blueberries

75g pecans, roughly chopped

For the topping:

25g pure sunflower spread
35g gluten-free plain flour
1tbsp caster sugar

1. Heat the oven to 180C, Gas Mark 4. Mix together the flour, baking powder and caster sugar in a large bowl.
2. In a jug, mix together the milk, eggs and oil. Pour into the centre of the dry ingredients and briskly stir together to make a batter. Fold in the blueberries and the pecans.
3. Make the crumble topping by cutting the sunflower spread and flour together with 2 knives, then stir in the sugar.
4. Divide the batter between cupcake cases, and top each with a little crumble topping. Bake for 20-25 mins, then transfer to a wire rack and leave to cool.



This delicious recipe comes from our friends at woman&home. Find more cake inspiration at womanandhome.com

Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland

