



*Delicious!*

PREPARATION: 15 MINUTES | COOKING: 20 MINUTES | SERVINGS: 12

# CHAI-SPICED MUFFINS

## INGREDIENTS

1 cup rice beverage\*

1 teaspoon vanilla extract

1 teabag of black tea  
*(e.g. Orange Pekoe or decaf Chai)*

Chai spices

½ teaspoon cinnamon

½ teaspoon ginger (dry)

½ teaspoon ground cloves

½ teaspoon nutmeg

1 ½ cups all purpose flour

1 cup quick oats

1 teaspoon cream of tartar

½ teaspoon baking soda

2 eggs

½ cup granulated sugar

½ cup canola oil

\* Avoid rice beverage with claim "enriched"

## PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a small saucepan, heat rice beverage over medium heat until small bubbles form around the edge and steam starts to rise (or use microwave). Add vanilla extract, tea bag, and the 4 chai spices. Take the pan off the heat and let the tea infuse for 2 minutes. Remove the tea bag.
- 3 In a bowl, mix the flour, oats, cream of tartar, and baking soda. Set aside.
- 4 In a large bowl, with the help of an electric mixer, beat eggs, sugar, and oil until pale and fluffy. Alternate adding the dry ingredients from step 3 and the chai mixture from step 2 while mixing with a wooden spoon.
- 5 Transfer into 12 muffin compartments lined with paper or to a silicone muffin pan. Bake for 20 minutes or until a toothpick inserted in the middle of a muffin comes out clean.

## SUGGESTION

- ✓ *Try this recipe with other teas to add a slightly different flavor.*



# CHAI-SPICED MUFFINS



## Nutrient Analysis

<b>PER SERVING</b>	
1 muffin	
<b>Renal/Diabetic Exchanges:</b>	
1 ½ Starch + 1 Fat	
Calories	<b>187 Kcal</b>
Protein	<b>4 g</b>
Total Carbohydrate	<b>26 g</b>
Fiber	<b>1 g</b>
Sugars	<b>9 g</b>
Fat	<b>8 g</b>
Saturated	<b>1 g</b>
Cholesterol	<b>35 mg</b>
Sodium	<b>73 mg</b>
Potassium	<b>92 mg</b>
Phosphorus	<b>47 mg</b>
Calcium	<b>33 mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## NUTRITION CHECK ✓

### Lower-potassium seasoning

Including a variety of different flavors is a necessary part of a lower-potassium diet. Spices can be added to most baked items to create an appetizing and tasty treat. Unlike herbs that come from plant flowers or leaves, spices come from the plant stem, root, seed, bark, or bulb. Depending on the treat you are baking, there are a number of spice combinations that can be mixed to create the perfect taste.

Baked goods often include spices such as cinnamon, nutmeg, or ginger. Each spice is lower in potassium and adds a distinct flavor to foods including muffins, bread, or scones. These spices can also be added for flavor to other dishes in the meal. Consider using a hint of cinnamon in a hot beverage, nutmeg sprinkled over roasted vegetables, or ginger as part of a lower-potassium marinade for meat or poultry.

When selecting spices to use, be sure to review the label. Choose those with the spice as the only ingredient or if a combination of spices are included, double check that each is lower in potassium.

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