

# TRICE MUFFINS

Recipe by *Catherine* at the Health at Work service (UA)



for 2 pers.

## Ingredients:

- 1 cup of cooked leftover rice
- 50g. flour (+ a little extra for the moulds)
- 1 tbsp. sugar
- 1 egg
- 20g. butter (of wich half is for the moulds)
- 10cl. Milk

## Preparation:

Pre-heat the oven to 220°C.

Mix the flour and sugar. Make a well in the middle of the flour and crack the eggs into the well.

While stirring, add the rice, half of the melted butter and the milk.

Grease the cupcake moulds with the rest of the butter, then add a bit of flour.

Pour the dough into the greased cupcake moulds and cook 20 minutes.

#cococonnectée

## + more recipes:

- the Sumppps culinary blog (in French): [blog.univ-angers.fr/sumppps](http://blog.univ-angers.fr/sumppps)
- the youtube channel « Asso DPSP » (1 new video in French each day)