

DELICIOUS GLUTEN FREE MUFFINS



This weeks recipe of the week is a simple muffin recipe base from Sarah Follent of **Baked Livingness**. The base is free from gluten and dairy, using almond meal, eggs, some coconut milk and lemon, leaving you the option of add ins such as fruit, nuts and spices to create your own preferred flavour.

Serving Size: Makes 6 large muffins

Ingredients:

Juice of 1/2 a *lemon*

1 cup of *coconut milk*

1/4 cup *olive oil*

1/4 cup *honey*

3 *free range eggs*

2 cups of *almond meal*

1 teaspoon of *bicarb soda*

Optional Add-ins (choose from one of these or make your own)

1 cup *blueberries*

1 cup *raspberries*

1 apple chopped or grated with 1 tablespoon of *mixed spices* ie *cinnamon* or *nutmeg*

1 *pear* chopped or grated with spices

Zest of 1 *orange* with a *tablespoon of poppy seeds*

1/4 cup *cacao powder or cacao nibs*

Method:

In a large mixing bowl mix the honey, olive oil, coconut milk, lemon juice, eggs and bicarb soda until well combined.

Add in the almond meal and stir until combined. If you are using cacao powder or spices- add in here also.

Add in your fruits and or nuts.

Place the mixture into a lined muffin tin.

Bake in a pre-heated oven at 180°C for 30-45 minutes until cooked through.

Allow to cool and enjoy.

Gluten Free | Dairy Free | Refined Sugar Free

Another great recipe from Sarah is the popular **Pear, Fig and Goji Berry Cake**