



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

You can visit Sarah's her recipe blog here .