

BLUEBERRY & APPLE MUFFIN

North East Natural Health Centre Cooking Corner

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— *Easy Recipes* —

300 g (10 1/2 oz/3 cups) almond meal
2 teaspoons gluten-free baking powder or 1/2 teaspoon bicarb soda (baking soda)
4 organic or free range eggs
60 ml (2 fl oz/1/4 cup) macadamia nut oil, cold pressed coconut or olive oil
1 teaspoon ground cinnamon
2 tablespoons agave syrup or a few drops stevia if needed
1 red apple, chopped into small chunks with the skin left on
200 g fresh or frozen blueberries

Preheat the oven to 170°C (325°F/Gas 3).
Combine the almond meal and baking powder in a large mixing bowl.
Add the eggs, oil, cinnamon and honey to form a batter.
Fold in the apple and blueberries.
Divide into paper-lined muffin tins.
Bake for 35–40 minutes until cooked through and golden.