

Hot x Muffins

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Dairy Free

Gluten Free

Refined Sugar Free

Vegetarian

Serves: 6

Ingredients:

3 eggs

1 apple – peeled, cored and shredded

1 cup/150g raisins

¼ cup/35g currants

2 cups/200g almond flour

100g pure maple syrup

1/3 cup almond milk

¼ cup/50g coconut oil – melted

1 tbsp cinnamon

½ tsp nutmeg

½ tsp ground cloves

½ tsp ginger

½ tsp baking soda

Pinch salt

Cross:

20g almond flour

20ml water

5g olive oil

a drop of vanilla extract

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Method:

Pre-heat the oven to 180°C on fan bake

Whisk together the eggs, maple syrup, milk and melted coconut oil in a bowl. Grate or finely dice the apple and add to the wet ingredients. In a separate bowl combine the almond flour, cinnamon, nutmeg, cloves, ginger, baking soda and salt. Stir well. Add this to the wet ingredients and mix together. Finally, stir in the raisins and currants.

Yield: 6 large muffins

Cross Method:

Mix together all the ingredients. Use a small plastic bag to put the mixture into. Cut a hole in the tip of the bag, and pipe the cross on the muffins. My lines were a bit wonky, but find it easier to pipe in rows rather than doing each one individually. Piping with confidence will also help the straight lines. You will have a little bit of the mixture spare, so practice piping on the bench first. This way you can also see if the hole you cut is big enough.

Cooking time: 25 minutes

This recipe is gluten-free, dairy-free and refined sugar-free

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