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Basic Fruit Muffins

These simple and relatively quick muffins can form the base for a wide variety of different tastes and flavours – depending on your preference or what you have on hand. Just varying the fruit used or the spices can create a different muffin.

Ingredients

Dry

- 1 ½ cups finely ground almonds
- ½ cup flour – you can use rice, wheat flour or arrowroot
- 2 heaped teaspoons baking powder
- ¾ cup diced fruit – eg berries, apple, banana, sultanas
- 1 teaspoon cinnamon or mixed spice (optional)

Wet

- 75g melted butter
- 2-3 tablespoons honey or maple syrup
- 2-3 eggs
- ½ cup plain yoghurt or milk
- PLUS Optional ¼ cup chopped dates soaked/simmered with small amount of water can be added into wet ingredients for a sweeter muffin or if you want to use less honey.

Method

- Mix dry ingredients together thoroughly.
- Beat wet ingredients together well.
- Stir wet mix into dry mix until just combined.
- Scoop batter into muffin pans.
- Bake for 18-20 mins at 180 degrees.

