



Karen McElroy

NATUROPATH & MEDICAL HERBALIST

## Orange & Poppy Seed Muffins

### Ingredients

1 ½ cups wholemeal flour (spelt or GF)  
½ cup plain flour or almond meal  
2 teaspoons baking powder  
¼ cup poppy seeds  
Juice & rind of one orange  
¼ cup maple syrup (or honey)  
2 eggs lightly beaten  
½ cup yoghurt or milk  
50g melted butter or ¼ cup coconut oil  
¼ cup finely chopped dates  
Diced orange for topping (optional)

### Method

- Combine flours, seeds and baking powder and mix thoroughly.
- Combine with stick mixer or whisk the juice, rind, eggs, maple syrup, yoghurt/milk, butter and optional dates together.
- Fold this wet mixture gently into flour mixture. Do not overmix.
- Spoon into greased muffin tins, top with orange pieces or pecans if desired.
- Bake at 190 degrees for 12-14 mins for mini muffins or 18-20 mins for larger.