

GLUTEN FREE RASPBERRY & COCONUT MUFFINS

Preparation: 10 mins

Cooking: 30-35 mins

Makes: 12



THE INGREDIENTS

1 cup coconut flour
1 teaspoon baking soda
4 eggs, lightly beaten
1 cup coconut milk
1 tablespoon coconut oil
1 teaspoon vanilla essence
½ cup Rice Malt Syrup
¾ cup frozen raspberries
Shredded coconut to decorate
12 extra raspberries to decorate if desired

THE FUN PART

1. Preheat oven to 175°C. Line a 12 muffin pan with paper cases or use a silicone muffin pan.
2. In a large bowl mix together the coconut flour and baking soda.
3. In a small mixing bowl or jug whisk eggs lightly then add coconut milk, coconut oil, vanilla essence and Rice Malt Syrup. Stir thoroughly to combine. Add to dry ingredients and mix with a large metal spoon until well mixed.
4. Add raspberries, stirring just enough to mix through.
5. Spoon the muffin mixture into the muffin tray to divide evenly between the 12 cups.
6. Sprinkle tops of muffins with shredded coconut and place a raspberry in the centre of each muffin.
7. Bake for 30-35minutes or until cooked.

(Adapted from the Informed Healthnut) www.theinformedhealthnut.com