



ALLERGIES:

No grains
No dairy
No eggs (or egg replacement)
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 20-30 mins

Serves: 12-14

INGREDIENTS

- 50g coconut flour
- 350g hazelnut flour
- 100g dextrose powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 30g desiccated coconut
- 1/3 cup poppy seeds
- 3 eggs (or like egg, or chia egg)
- 2 lemons, juiced
- 250 mls coconut or almond milk
- 75 mls coconut yoghurt
- 125 mls coconut oil, melted
- 1 tsp vanilla essence
- 1/2 tsp pink salt

METHOD

- Preset oven to 175°C (350°F).
- Grease muffin pans, or I use silicon patty pans
- Place all dry ingredients into a bowl and mix well, ensure all lumps are out.
- Combine all wet ingredients into a bowl and mix well.
- Add wet ingredients to dry ingredients and mix well to combine.
- Spoon batter into patty pans / muffin trays and bake in centre of oven until golden and cooked (when skewer inserted comes out clean).
- Cool before removing from pans.
- Serve with a dollop of coconut yoghurt and garnish with mint or berries.

LEMON AND POPPY SEED MUFFINS

